

THE
ENGLISH PHYSITIAN
ENLARGED;

With Three Hundred, Sixty and Nine

MEDICINES,
MADE OF
English Herbs

That were not in any Impression until this:

BEING

An Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a Man may preserve his Body in Health, or Cure himself, being Sick, for Three Pence Charge, with such things only as grow in *England*, they being most fit for *English* Bodies.

Herein is also shewed these Seven Things, viz. 1. The way of Making Plaisters, Oyntments, Oyls, Pultiffes, Syrups, Decoctions, Juleps or Waters, of all sorts of Physical Herbs, That you may have them ready for your Use at all times of the Year. 2. What Planet governeth every Herb or Tree (used in *Physick*) that groweth in *England*. 3. The Time of Gathering all Herbs, both Vulgarly and Astrologically. 4. The Way of Drying and Keeping the Herbs all the Year. 5. The Way of Keeping their Juyces ready for use at all times. 6. The Way of Making and Keeping all kind of useful Compounds made of Herbs. 7. The Way of Mixing Medicines according to Cause and Mixture of the Disease, and Part of the Body Afflicted.

By NICH. CULPEPPER, Gent. Student in
Physick and Astrology.

L O N D O N,

Printed for George Sawbridge at the Bible on Ludgate-
Hill. 1681.

THE
ENGLISH PHYSICIAN
RECOMMENDED

For the treatment of all the Diseases of the

Medicines

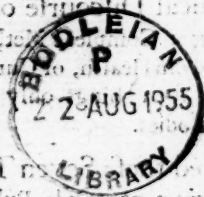
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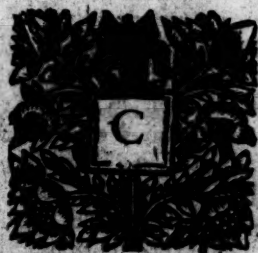
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THE ENGLISH PHYSITIAN ENLARGED.

Amara-dulcis.



Onfidering diuers Shires in this Nation give diuers Names to one and the fame Herb, and that common Names which it bears in one Countrey, is not known in another; I shall take the pains to fet down all the Names that I know of each Herb: pardon me for fetting that Name first which is most common to my self. Besides Amara-dulcis, some call it Morral, others Bitter-sweet,

some Woody-Nightshade, and others Felonwort.

Description. It grows up with woody stalks even to a mans height, and somerimes higher. The Leaves fall off at the approach of Winter, and spring out again of the same stalk at Spring time: The branch is compassed about with a whitish bark, and hath a pith in the middle of it: The main branch brancheth it self into many small ones, with claspers, laying hold on what is next to them, as Vines do. It bears many leaves, they grow in no order at all, or at least-wise in no vulgar order: The leaves are longish, though somewhat broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk, some of them have but one, and some none: the leaves are of a pale green colour: The flowers are of a purple colour, or of a perfect blue, like to Violets, and they stand many of them together in knots: The Berries are green at the first, but when they are ripe, they are very red; if you taste them, you shall find them just as the Crabs which we in Sussex call Bitter-sweet, viz. sweet at first, and bitter afterwards.

Place. They grow commonly almost throughout England, especially in moist and shady places.

Time. The leaves shoot out about the latter end of March, if
D the

the temperature of the Air be ordinary, it flowreth in *July*, and the seeds are ripe soon after, usually in the next month.

Witch-
craft.
Vertigo.

Government and Vertues.] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to remove Witchcrafts both in Men and Beasts; as also all sudden Diseases whatsoever. Being tied round about the Neck, is one of the admirablest Remedies for the Vertigo or Dizziness in the Head that is; and that's the reason (as *Tragus* saith) the people in *Germany* commonly hang it about their Cattels neck when they fear any such evil hath betided them. Country people commonly use to take the berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublesome guests.

Felons.

Obstruction
of the
Liver, and
Spleen, dif-
ficulty of
Breathing,
Bruises,
Falls, con-
gealed
Blood,
Dropfie,
yellow and
black Jaun-
dice, Wo-
men after
Delivery.

We have now shewed you the external use of the Herb, we shall speak a word or two of the internal, and so conclude. Take notice that it is a *Mercurial* Herb, and therefore of very subtile parts, as indeed all *Mercurial* Planets are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as Oak) then put it in a pot, and put to it three pints of white Wine, put on the Pot-lid, and shut it close, then let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help difficulty of breath, bruises, and falls, and congealed blood in any part of the body, to help the yellow Jaundice, the Dropfie, and black Jaundice, and to cleanse Women newly brought in Bed. You may drink a quarter of a pint of the Infusion every morning. It purgeth the body very gently, and not churlishly as some hold: And when you find good by this, remember me.

They that think the use of these Medicines is too brief (it's so only for the cheapness of the Book) let them read those Books of mine, of the last Edition, viz. *Riverius*, *Veslingus*, *Riolanus*, *Johnston*, *Sennertus*, and *Physick for the Poor*.

Alheal.

IT is called Alheal, *Hercules* Alheal, and *Hercules* Woundwort, because it is supposed that *Hercules* learned the Herb and its Vertues from *Chyron*, when he learned Physick of him. Some call it Panay, and others, Opopanawort.

Description.] Its Root is long, thick, and exceeding full of Juyce, of a hot and biting Taste, the Leaves are great and large, and winged almost like *Ash-tree* Leaves, but that they are something hairy, each Leaf consisting of five or six pair of such wings set one against the other upon foot-stalks, broad below but narrow towards the end, one of the Leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh, green colour, they

are of a bitterish taste, being chewed in the mouth. From amongst these ariseth up a stalk green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joynts, and some leaves thereat: towards the top come forth umbles of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in tast.

Place.] Having given you the Description of the Herb from the bottom to the top, give me leave to tell you that there are other herbs call'd by this name: but because they are stranger in England, I give only the Description of this which is easie to be had in the Gardens of divers.

Time.] Although Gerrard saith, That they flower from the beginning of May to the end of December, Experience teacheth them that keep it in their Gardens, that it flowers not till the latter end of the Summer, and sheds its seeds presently after.

Government and Vertues.] It is under the Dominion of Mars; hot, biting, and cholerick: and remedies what evils Mars afflicts the Body of Man with by Sympathy, as Vipers-flesh attracts Poyson, Worms, and the Load-stone Iron. It kills the Worms, helps the Gout, Gout, Cramp, and Convulsion, provokes Urine, and helps all Joynt-aches. Cramp, It helps all cold griefs of the Head, the Vertigo, Falling-sickness, Convulsi- and Lethargy, the Wind-cholick, Obstructions of the Liver and on, pro- Spleen, Stone in the Kidneys and Bladder. It provokes the Terms, vokes U- expels the dead Birth: it is excellent good for the grief of the Si- rine, news, Itch, Sores and Tooth-ach, the biting of mad Dogs and Ve- Joynt- nomous Beasts, and purgeth Choler very gently. aches, Ver- tigo, Fal- ling-sickness, Lethargy, Cholick, Obstructions of the Liver and Spleen, Stone, Terms provokes dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venomous Beasts, Choler.

Alkanet.

Besides the common name, it is called Orchanet, and Spanish Bugloss, and by Apothecaries Anchusa.

Description.] Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It hath a great and thick Root, of a reddish colour, long, narrow, hairy Leaves, green like the Leaves of Bugloss which ly very thick upon the Ground: the stalks rise up compassed round about, thick with Leaves which are lesser and narrower than the former

The English Physitian Enlarged.

former, they are tender, and slender, the flowers are hollow, small, and of a reddish colour,

Place.] It grows in Kent near Rochester, and in many places in the West-Country, both in Devonshire and Cornwall.

Time.] They flower in July, and the beginning of August, and the seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

Ulcers, Inflammations, Burnings, St. Anth. fire, Morpew, yell. Jaundice, Spleen Gravel, Venomous Beasts, Flux, Worms, Mother, Back, Bruises, Falls, small Pox, Measles, Wounds.

Government and Vertues.] It is an Herb under the Dominion of Venus, and indeed one of her Darlings, though something hard to come by. It helps old Ulcers, hot Inflammations, burnings by common fire, and St. Anthony's fire, by Antipathy to Mars: for these uses, your best way is to make it into an Ointment. Also if you make a Vinegar of it as you make Vinegar of Roses, it helps the Morpew and Leprosie; if you apply the herb to the Privities, it draws forth the dead Child. It helps the yellow Jaundice, Spleen, and Gravel in the Kidneys, (Dioscorides saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly or applied to the Wound: nay, he saith further, If any one that hath newly eaten it, do but spit into the mouth of a Serpent, the Serpent instantly dies. It stays the flux of the Belly; kills Worms, helps the fits of the Mother. Its Decoction made in Wine and drunk, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the small Pox and Measles as any is: an Ointment made of it, is excellent for green Wounds, Pricks or Thrusts.

Adders-Tongue, or Serpents-Tongue.

Descript] **T**His small Herb hath but one leaf, which grows with the stalk a fingers length above the ground, being fat and of a fresh green colour, broad like water-Plantane, but less, without any middle Rib in it: from the bottom of which Leaf, on the inside riseth up (ordinarily) one, sometimes two or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green colour, like the Tongue of an Adder or Serpent (only this is as useful as they are formidable.) The Root continues all the year.

Place.] It grows in moist Meadows, and such like places.

Time.] And is to be found in April and May, for it quickly perissheth with a little heat.

Government and Vertues.] It is an Herb under the Dominion of the Moon and Cancer, and therefore if the weakness of the Retentive

tive Faculty be caused by any evil influence of *Saturn*, in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures those Diseases after specified in any part of the Body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, by dry in the Second Degree. The Juycce of the Leaves drunk with the distilled Water of Horstail, is a singular Remedy for all manner of Wounds in the Breast, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with casting, vomiting, or bleeding at the Mouth or Nose, or otherwise downwards. The said Juycce given in the distilled Water of Oaken-Buds, is very good for Women who have their usual Courses, or the Whites flowing down too abundantly: it helps sore Eyes. The Leaves infused or boyled in Oyl Omphacine, or unripe Olives, set in the Sun for certain dayes, or the green Leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not only for green and fresh Wounds: but also for old and inveterate Ulcers, especially if a little fine clear Turpentine be dissolved therein. It also stayeth and refresheth all Inflammations that arise upon pains, by hurts or wounds.

What parts of the Body are under each Planet and Sign, and also what Diseases, may be found in my Astrological Judgment of Diseases: and for the internal work of Nature in the Body of Man, as Vital, Animal, Natural and Procreative Spirit of Man; the Apprehension, Judgement, Memory: The external Senses, viz. Seeing, Hearing, Smelling, Tasting, and Feeling; the Vertues Attractive, Retentive, Digestive, Expulsive, &c. Under the Dominion of what Planets they are, may be found in my *Ephemeris* for the Year, 1651. In both which you shall find the Chaff of Authors blown away, by the same of Dr. Reason, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, to avoid blotting Paper with one thing many times, and also to ease your Purfes in the price of the Book, and withal to make you Studious in Physick, you have at the latter end of the Book, the way of Preserving all Herbs either in Juycce, Conserve, Oyl, Oynement, or Plaister, Electuary, Pills, or Troches.

Agrimony.

Description.] **T**His hath divers long Leaves (some greater, some smaller) set upon a stalk, all of them dented about

The English Physician Enlarged.

the edges, green about, and grayish underneath, and a little hairy withal. Among which ariseth up usually but one strong, round, hairy, brown, stalk, two or three foot high, with smaller Leaves set here and there upon it. At the top whereof grow many small yellow flowers one above another in long spikes. After which come rough heads of seeds, hanging downwards, which will cleave to, and stick upon Garments, or any thing that shall rub against them. The knot is black long, and somewhat woody, abiding many years, and shooting afresh every Spring; which root, though small, hath a reasonable good scent.

Places.] It groweth upon Banks, near the sides of Hedges or Pales.

Time.] It flowreth in July and August, the seed being ripe shortly after.

Government and Vertues.] It is an Herb under Jupiter, and the Sign Cancer; and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under Saturn, Mars and Mercury by Antipathy. If they happen in any part of the Body governed by Jupiter, or under the Signs Cancer, Sagittary, or Pisces, and therefore must needs be good for the Gout, either used outwardly in an Oyl or Oyntment, or inwardly in an Electuary or Syrup, or concreated Juyce; for which see the latter end of the Book.

Cleansing, It is of a cleansing and cutting Faculty, without any manifest
Drying, heat, moderately drying and binding. It openeth and cleanseth
Binding, the Liver, helpeth the Jaundice, and is very beneficial to the Bowels,
Liver, healing all inward Wounds, Bruises, Hurts, and other Distempers.
Jaundice, The Decoction of the Herb made with Wine, and drunk, is good a-
inward gainst the biting and stinging of Serpents, and helps them that have
Wounds, foul, troubled or bloody Waters, and makes them piss clear spee-
inward dily. It also helpeth the Cholick, cleanseth the Breast, and rid-
Bruises, away the Cough. A draught of the Decoction taken warm before
Bloody and the Fit, first removes, and in time rid away the Tertian or Quar-
troubled tan Agues. The Leaves and Seed taken in Wine, stays the Bloody-
Urine, Flux. Outwardly applied, being stamped with old Swines-grease,
Cholick, it helpeth old Sores, Cancers, and inveterate Ulcers, and draweth
Breast, forth Thorns, and Splinters of Wood, Nails, or any other such
Cough, Ter- thing gotten into the Flesh. It helpeth to strengthen the Members
tian and that be out of Joynt: and being bruised and applied, or the Juyce
Quartan dropped in; it helpeth foul and imposthumated Ears.
Agues, The distilled Water of the Herb is good to all the said purposes,
Bloody-flux either inward or outward, but a great deal weaker.
Cancers, It is a most admirable Remedy for such whose Livers are an-
Thorns, noyed either by heat or cold. The Liver is the former of Blood,
Splinters and
and Nails in the flesh,
Members out of
out of Joynt, Im-
in the flesh, posthumes.

and blood the nourisher of the body, and Agrimony a strengthener of the Liver.

I cannot stand to give you a reason in every Herb, why it cureth such Diseases, but if you please to peruse my Judgment in the herb Wormwood, you shall find them there, and it will be well worth your while to consider it in every Herb, you shall find them true throughout the Book.

Water-Agrimony.

IT is called in some Countries Water-Hemp, Bastard-Hemp, and Bastard-Agrimony, Eupatorium, and Hepatorium, because it strengthens the Liver.

Descript.] The Root continues a long time, having many long, slender strings. The stalk grows up about two foot high, sometimes higher. They are of a dark purple colour: the branches are many, growing at distances the one from the other, the one from the one side of the stalk, the other from the opposite point. The Leaves are winged and much indented at the edges. The flowers grow at the top of the branches, of a brown yellow colour, spotted with black spots, having a substance within the midst of them like that of a Daffie; if you rub them between your fingers, they smell like a Rozin or Cedar when it is burnt. The seeds are long, and easily stick to any woollen thing they touch.

Place.] They delight not in heat, and therefore they are not so frequently found in the Southern parts of England as in the North, where they grow frequently: you may look for them in cold Grounds, by Ponds and Ditches sides, as also by running Waters, sometimes you shall find them grow in the midst of the Waters.

Time.] They all flower in July and August, and the seed is ripe presently after.

Government and Vertues.] It is a Plant of Jupiter as well as the other Agrimony, only this belongs to the Coelestial Sign Cancer. It healeth and dryeth, cutteth and cleanseth thick and tough humors of the Breast, and for this I hold it inferiour to but few Herbs that grow. It helps the Cachexia or evil disposition of the Body, the Dropsie and yellow Jaundice, it opens Obstructions of the Liver, mollifies the hardness of the Spleen, being applied outwardly: it breaks imposthumes taken inwardly, it is an excellent Remedy for the third day Ague. It provokes Urine and the Terms, it kills Worms, and cleanseth the Body of sharp humors, which are the cause of Itch, Scabs, the Herb being burnt, the Smoak thereof drives away Flies, Wasps, &c.

it strengthens the Lungs exceedingly. Countrey people give it to their Cattle when they are troubled with the Cough, or broken winded.

Alehoof, or Ground-Ivy.

Several Countries give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many: It is called *Cats-foot*, *Ground-Ivy*, *Gill go by ground*, and *Gill creep by ground*, *Tun-hoof*, *Hay-maids*, and *Alehoof*.

Description.] *This well known Herb lieth, spreadeth, and creepeth upon the Ground, shooting forth Roots, at the corners of the tender joynted stalks, set all along with two round Leaves at every joynt, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joynts likewise with the Leaves towards the end of the branches, come forth hollow long Flowers. of a blewish purple colour with small white spots upon the lips that hang down. The Root is small with strings.*

Place.] It is commonly found under Hedges, and on the side of Ditches, under Houfes, or in shadowed Lanes, and other waste Grounds in almost every part of the Land.

Time.] They flower somewhat early, and abide so a great while, the Leaves continue green until Winter, and sometimes abide, except the Winter be very sharp and cold.

Inward

Wounds,

**Pains, Gri-
ping, Wind
Choler, Sto-
mach, Bel-
ly, Stop-
ping, in the
Liver,
Gall,
Plague,
Poyson,
Gout, Scia-
tica, sore
Mouth and
Throat.**

**Ulcers in
the Privi-
ties,**

Government and Vertues.]

It is an Herb of *Venus*, and therefore Cures the Diseases she causes, by Sympathy, and those of *Mars* by Antipathy: you may usually find it all the year long, except the year be extreme frosty, it is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular Herb for all inward Wounds, exulcerated Lungs, or other parts, either by it self, or boyled with other the like Herbs: And being drunk, it in short time easeth all griping pains, windy and cholerick humours in the Stomach, Spleen or Belly; helps the yellow Jaundice by opening the stoppings of the Gall and Liver, and Melancholy, by opening the stoppings of the Spleen, expelleth Venom or Poyson, and also the Plague; it provoketh Urine, and Womens Courses: The Decoction of it in Wine drunk for some time together, procureth ease unto them that are troubled with the Sciatica or Hip-Gout, as also the Gout in the Hands, Knees or Feet, if you put to the Decoction some Honey, and a little burnt Allum, it is excellent good to gargle any sore Mouth or Throat, and to wash the Sores and Ulcers in the privy parts of Man or Woman: It speedily helpeth green Wounds, being bruised

and

and bound thereunto: The Juyce of it boyled with a little Honey *Itch, Scabs,* and Verdegreece, doth wonderfully cleanse Fistula's, Ulcers; and *Web in the* stayeth the spreading or eating of Cancers and Ulcers; it helpeth *Eye, redness* the Itch, Scabs, Wheals, and other breakings out in any part of the *and wa-* Body. The Juyce of Celandine, Field-Daisies, and Ground-Ivy Cla- *tering of* rified, and a little fine Sugar dissolved therein, and dropped into the *them, Ul-* Eyes, is a Sovereign Remedy for all the Pains, Redness, and Wa- *cers, noise* cers, noise tering of them; as also for the Pin and Web, Skins and Films grow- *in the Ears* ing over the sight; it helpeth Beasts as well as Men. The Juyce *Deafness.* dropped into the Ears doth wonderfully help the noise and ringing of them, and helpeth the hearing which is decayed. It is good to Tun up with new Drink, for it will so clarify it in a Night, that it will be the fitter to be drunk the next Morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

Alexander.

IT is also called Alisander, Horse-Parfly, and Wild-Parfly, and the black Pot-herb; the seed of it is that which is usually sold in the Apothecaries Shops for *Macedonian Parfly-seed.*

Descript.] It is usually sown in all the Gardens in Europe, and so well known, that it needs no farther description.

Time.] They flower in June and July, the Seed is ripe in August.

Government and Vertues.] It is an Herb of Jupiter, and there- Obstructi- fore friendly to Nature, for it warmeth a cold Stomach, and open- *ons of the* eth stoppings of the Liver and Spleen; it is good to move Womens *Liver and* Courses, to expel the After-birth, to break Wind, to provoke U- *Spleen,* rine, and help the Strangury; and these things the seeds will do like- *Provokes* wise: if either of them be boyled in Wine, or being bruised and *the Terms,* taken in Wine, is also effectual against the biting of Serpents. And *After²* now you know what *Alexander-Pottage* is good for, that you may *birth,* no longer eat it out of Ignorance, but out of knowledge.

*Wind, pra-
vokes U-
rin, biting
of Serpents*

The black Alder-Tree.

*Description.] T*His Tree seldom groweth to any great bigness, but for the most part abideth like a Hedge- *Bush, or Tree* Bush, or Tree spreading into Branches, the Wood of the Body be- *ing white,* ing white, and a dark red Cole, or Heart; the outward Bark is *of*

The English Physitian Enlarged.

of a blackish colour with many whitish spots therein : but the inner bark next unto the wood is yellow , which being chewed, will turn the Spittle near unto a Saffron colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dog-berry-tree, called in Sussex Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Joynts which turn into small round Berries, first green, afterwards red, but blackish when they are thorough ripe, divided as it were into two parts, wherein is contained two small, round, and flat seeds. The root runneth not deep into the Ground, but spreads rather under the upper crust of the Earth.

Place.] This Tree or Shrub may be found plentifully in Saint John's Wood by Hornsey, and in the Woods upon Hampstead-Heath, as also a Wood called the Old Park in Barcomb in Essex near the Brooks-side.

Time.] It flowreth in May, and the Berries are ripe in September.

Government and Vertues.] It is a Tree of Venus, and perhaps under the Cœlestial Sign Cancer. The inner yellow Bark hereof purgeth downwards both Cholera and Flegm, and the watry humors of such as have the Dropsie, and strengtheneth the inward parts again by binding. If the Bark hereof be boyled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smalage, Endive, and Succory roots, and a reasonable draught taken every morning for sometime together. It is very effectual against the Jaundice, Dropsie, and the evil disposition of the Body, especially, if some sutable purging Medicine have been taken before to avoid the grosser Excrements : it purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humours and hardness as they are afflicted with. It is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly, provoketh strong Vomitings, pains in the Stomach, and gripings in the Belly. Yet if the Decoction may stand and settle two or three days until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to meat. The outward bark contrary wise doth bind the Body, and is helpful for all Lasks and Fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark thereof boyled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk.

Cholera.
Flegm.

Jaundice,
Dropsie.
Cachexia.
Liver.
Spleen.

Stomach,
weak, Ap-
petite lost.
Flux, Lice.
Itch, Scabs.
Tooth-ach.
Teeth loose.

If in the Spring time you use the Herbs before mentioned, and will but take a handful to each of them, and of them add a handful of Elder-buds, and having bruised them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an hour, add this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts. It is an excellent Purge for the Spring, to consume the flegmatick quality the Winter hath left behind it, and withal keep your Body in health, and consume those evil humors which the heat of Summer will readily stir up: esteem it as a Jewel.

The common Alder-Tree.

Descript.] **G**roweth to a reasonable height, and spreads much, if it likes the place. It is so generally well known unto Country People, that I conceive it needless to tell them that which is no News.

Place and Time.] It delighteth to grow in moist Woods, and watry places; flowering in April or May, and yielding ripe seed in September.

Government and Use.] It is a Tree under the Dominion of *Venus*, and of some watry Sign or other, I suppose *Pisces*, and therefore the Decoction or distilled Water of the Leaves, is excellent against Bur Burnings, nings, and Inflammations, either with Wounds or without, to bath Inflammations, the place grieved with, and especially for that Inflammation in the tions. Breast, which the Vulgar call an Ague.

If you cannot get the Leaves, (as in Winter 'tis impossible) make use of the Bark in the same manner.

The Leaves and Bark of the Alder-tree, are cooling, drying, and Cooling, binding. The fresh Leaves laid upon Swellings dissolve them, and Drying, stay the Inflammations. The Leaves put under the bare Feet gaul- Swellings, ed with Travelling, are a great refreshing to them. The said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which be- Fleas. ing suddenly cast out, will rid the Chamber of those troublesome Bed-fellows.

Angelica.

TO write a Description of that which is so well known to be growing in almost every Garden, I suppose it altogether needless: yet for its Vertues it is of admirable use.

In times of Heathenism when Men had found out any excellent Herb, &c. they dedicated it to their Gods: as the Bay-Tree to *Apollo*, the Oak to *Jupiter*, the Vine to *Bacchus*, the Poplar to *Hercules*. These the Papists following as the Patriarch, they dedicate them to their Saints; as our Ladies *Thisles* to the Blessed

The English Physitian Enlarged.

Blessed Virgin, St. John's-wort to *St. John*, and another Wort to *St. Peter, &c.* Our Physitians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call *Panlies* or *Hearts-ease*, an *Herb of the Trinity*, because it is of three colours : and a certain Ointment, an *Ointment of the Apostles*, because it consisteth of twelve Ingredients : Alas I am sorry for their folly, and grieved at their Blasphemy ; God send them the rest of their Age, for they have their share of Ignorance already : O Why must ours be Blasphemous, because the Heathens & Papists were Idolatrous ? Certainly they have read so much in old rusty Authors, that they have lost all their Divinity ; for unless it were amongst the Ranters, I never read or heard of such Blasphemy : The Heathens and Papists were bad, and ours worse ; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this an Herb of the *Holy Ghost* ; others more moderate called it *Angelica*, because of its Angelical Vertues, and that name it retains still, and all Nations follow it so near as their Dialect will permit.

Government and Vertues.] It is an Herb of the *Sun* in *Leo*, let it be gathered when he is there, the *Moon* applying to his good Aspect ; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular, observe the like in gathering the Herbs of other Planets, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows : It resists Poyson, by defending and comforting the Heart, Blood, and Spirits ; it doth the like against the Plague and all Epidemical Diseases ; if the Root be taken in powder to the weight of half a dram at a time, with some good Triacle in *Carduus-water*, and the party thereupon laid to sweat in his Bed ; If Triacle be not to be had, take it alone in *Carduus*, or *Angelica-water*. The Stalks or Roots candied and eaten fasting, are good Preservatives in time of Infection ; and at other times to warm and comfort a cold Stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glass, is much more effectual than the Water of the Leaves, and this Water drunk two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so as the shortness of Body be not bound : and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Pthysick, and shortness of Breath, and a Syrup of the Stalks doth the like. It helps pains of the Colick, the Strangury, and stopping of the Urine, procureth Womens Courses, and expelleth the After-birth, openeth

Poyson,
Pestilence,
Epidemi-
cal Dis-
eases.

Cold,
Wind,
Pleurisie,
Cough,
Lungs,
Breast,
Strangury,
shortness of
Breath, Co-
lick, Pro-
vokes the
Terms, Af-
ter-birth.

Geneth the stoppings of the Liver and Spleen, and briefly easeth *Stoppings*
 and discusseth all windiness and inward swelling. The Decoction *of the Li-*
 drunk before the fit of an Ague, that they may sweat (if possible) *ver and*
 before the fit come, will in two or three times taking, rid it quite *Spleen,*
 way : it helps digestion, and is a remedy for a surfeit. The Juyce, *Indigestion*
 or the Water being dropped into the Eyes or Ears, helps dimness of *Surfeits,*
 sight and Deafness : The Juyce put into the hollow Teeth, easeth *Tooth-ach.*
 their pains. The Roots in Powder made up into a Plaister with a
 little Pitch, and laid on the biting of mad Dog, or any other Veno- *Biting of*
 nous Creature, doth wonderfully help. The Juyce or the Water *Mad Dogs.*
 dropped, or Tents wet therein, and put into old filthy deep Ulcers, *Ulcers.*
 or the Powder of the Root (in want of either) doth cleanse and cause
 them to heal quickly, by covering the naked bones with flesh : The
 distilled Water applied to places pained with the Gout or Sciatica, *Gout,*
 doth give a great deal of Ease. *Sciatica.*

The wild Angelica is not so effectual as the Garden, although it
 may be safely used to all the purposes aforesaid.

Amaranthus.

Besides this common name, by which it is best known by the Flo-
 rists of our days, it is also called Flower-Gentle, Flower-Velure,
 Floramor, and Velvet-flower.

[Descript] *It being a Garden Flower, and well known to every one*
that keep of it, I might forbear the Description, yet notwithstanding,
because some desire it, I shall give it : It runneth up with a stalk a cu-
it high, straked, and somewhat reddish toward the root, but very
smooth, divided towards the top with small branches, among which
stand long broad leaves of a reddish green colour, slippery : The flowers
are not properly flowers, but tufts, very beautiful to behold, but of no
smell, of reddish colour ; if you bruise them, they yield juyce of the same
colour ; being gathered, they keep their beauty a long time ; the seed is
of a shining black colour.

[Time.] They continue in flower from August till the time the
 frost nip them.

[Government and Vertues.] It is under the Dominion of Saturn,
 and is an excellent qualifier of the unruly Actions and Passions
 of Venus, though Mars also should Joyn with her. The
 flowers dyed and beaten into Powder, stop the Terms in Wo- *Terms stops*
 men, and so do almost all other red things. And by the Icon,
 or Image of every Herb, the Ancients at first found out their
 Vertues : Modern Writers they laugh at them for it ; but I
 wonder in my Heart, how the Vertues of Herbs came at first to
 be known, if not by their Signatures : The Modern have them
 from the Writings of the Ancients ; the Ancients had no Wri-
 tings

Flux,
Bleeding,
Whites,
Running
of the
Reins,
French
Pox.

tings to have them from: but to proceed. The Flowers stop Fluxes of blood, whether in man or woman, bleeding either at the Nose or Wound. There is also a sort of *Amaranthus* which bears a white Flower which stops the Whites in Women, and the Running of the Reins in Men, and is a most gallant Antivenerian, and a singular Remedy for the French Pox.

Anemone.

Called also Wind-flower, because they say the flowers never open but when the Wind bloweth. *Pliny* is my Author, if it be so, blame him. The seed also (if it bears any at all) flies away with the Wind.

Place and Time.] They are sown usually in the Gardens of the curious, and Flowers in the Spring-time. As for Description I shall pass it, being well known to all those that sow them.

Terms provoked. *Government and Vertues.*] It is under the Dominion of Mars, being supposed to be a kind of Crow-foot. The Leaves provoke Terms mightily being boyled, and the Decoction drunk. The Being bathed with the Decoction of them, Cures the Leprosie. The Leaves being stamped, and the Juice snuffed up in the Nose, purges the Head mightily, so doth the Root being chewed in the Mouth, it procureth much spitting, and bringeth away many watry and fluxumatic humors, and is therefore excellent for the Lethargy: when all is done, let Physicians prate what they please, all the while in the *Dispensatory* purge not the Head like to hot things held in the Mouth. Being made into an Ointment, and the Eye-lids anointed with it, it helps Inflammations of the Eyes, whereby it is palpable that every stronger draweth its weaker like. The same Ointment is an excellent good to cleanse malignant and corroding Ulcers.

Eyes inflamed, Ulcers.

Garden Arrach.

Called also Orach, and Arage. *Descrip.*] It is so commonly known to every House-wife, were but labour lost to describe it.

Time.] It floweth and seedeth from June to the end of August. *Government and Vertues.*] It is under the Government of the Moon; in quality cold and moist like unto her. It softneth and looseneth the body of man being eaten, and fortifieth the expulsive faculty in him. The herb, whether it be bruised and applyed to the Throat or boyled, and in like manner applied, it matters not much, it is an excellent good for swellings in the Throat, the best way, I suppose to boyl it, and having drunk the Decoction inwardly, apply the same outwardly: the Decoction of it besides, is an excellent Remedy for the yellow Jaundice.

Arrach, wild and stinking.

Called also *Vulvaria*, from that part of the Body upon which the Operation is most; also Dogs-Arrach, Goats-Arrach, and stinking Mother-wort.

Descript.] *This hath small, and almost round Leaves, yet a little pointed, and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.*

Place.] It grows usually upon Dung-hills.

Time.] They flower in June and July, and their seed is ripe quickly after.

Government and Vertues.] Stinking Arrach is used as a Remedy to help Women pained, and almost strangled with the Mother, by smelling to it: but inwardly taken, there is no better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio*; It is common almost upon every Dung-hill. The works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: ('tis the Medicines of the Colledge of Physitians that are so dear and scarce to find.) I commend it for an Universal Medicine for the Womb, and such a Medicine as will easly, safely, and speedily Cure any Disease thereof, as the Fits of the Mother, Dislocation, or falling out thereof: It cools the Womb being over-heated. And let me tell you this, and I will tell you the truth, Heat of the Womb is one of the greatest causes of hard Labour in Child-birth. It makes Barren Women fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly: It provokes the Terms if they be stopped, and stops them if they flow immoderately: You can desire no good to your Womb, but this Herb will effect it, therefore if you love Children, if you love Health, if you love Ease, keep a Syrup always by you, made of the Juyce of this Herb and Sugar, (or Honey, if it be to cleanse the Womb) and let such as be rich keep it for their poor neighbour, and bestow it as freely as I bestow my Studies upon them, or else let them look to answer it another day, when the Lord shall come to make Inquisition of Blood.

Arch-angel.

To put a gloss upon their Practice, the Physitians call an Herb (which Country people vulgarly know by the Name of *Dead-Nettle*) *Arch-angel*, whether they favour of more Superstition or Folly

Folly, I leave to the judicious Reader. There is more curiosity than courtesie to my Country-men used by others, in the explanation as well of the Names, as Description of this so well known Herb : which that I may not also be guilty of, take this short Description, first of the red Arch-angel.

Description.] This hath divers square stalks somewhat hairy, at the joynts whereof, grow two sad green Leaves dented about the edges, opposite to one another, to the lowermost upon long foot-stalks, but without any toward the tops, which are somewhat round; yet pointed, and a little crumpled and hairy : round about the upper joynts, where the Leaves grow thick, are sundry gaping flowers of a pale reddish colour; after which come the seeds three or four in a Husk. The root is small and thriddy, perishing every year : the whole Plant hath a strong scent, but not stinking.

White Arch-angel hath divers quare stalks, none standing straight upright, but bending downward, whereon stand two Leaves at a joynt larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle-Leaves, but not stinging, yet hairy. At the joynts; with the Leaves, stand larger and more open gaping white flowers; in Husk found about the stalks, but not with such a bush of Leaves, as flowers set in the top, as is on the other wherein stand small roundish black Seeds; The Root is white, with many strings at it, not growing downward, but lying under the upper crust of the Earth, and abideth many years increasing : This hath not so strong a scent as the former.

Yellow Arch-angel is like the white in the stalks and leaves; but that the stalks are more straight and upright, and the joynts with leaves are further asunder, having longer leaves than the former; and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The Roots are like the white, only they creep not so much under the ground.

Place.] They grow almost every where (unless it be in the middle of the Street) the yellow most usually in the wet grounds of Woods, and sometimes in the dryer, in divers Counties of this Nation.

Time.] They flower from the beginning of the Spring all the Summer long.

Vertues and Use.] The Arch-angels are somewhat hot and drye than the stinging Nettles, and used with better success for the stopping and hardness of the Spleen, than they, by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a Plaister, or the Decoction with Spunges. The flowers of the white Arch-angel are preserved, or conserved to be used to stay the Whites, and the Flowers of the

Spleen.

Whites.

Ro

Red to stay the Reds in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good against Quartan Agues, stancheth bleeding at Mouth and Nose, if it be stamped and applied to the Nape of the Neck. The Herb also bruised, and with some Salt and Vinegar, and Hogs grease laid upon any hard Tumor or Swelling, or that which is vulgarly called the Kings-Evil, do help to dissolve or discuss them; and being in like manner applied, doth much allay the pains, and give ease to the Gout, Sciatica, and other pains of the Joynts and Sinews. It is also very effectual to heal green Wounds, and old Ulcers, also to stay their fretting, gnawing and spreading. It draweth forth Splinters, and such like things gotten into the Flesh, and is very good against Bruises and Burnings. But the yellow Archangel is most commended for old, filthy corrupt Sores and Ulcers, yea although they grow to be hollow; and to dissolve Tumors. The chief use of them is for Women, it being an Herb of *Venus*, and may be found in my Guide for Women.

Melancholy, Quartan Agues, Bleeding at Nose, Swellings, Kings Evil, Gout, Sciatica, Joynts, Ulcers, old Sores, Bruises, Burnings.

Arf-smart.

The hot Arf-smart is called also Water-Pepper, Culrage. The mild Arf-smart is called dead Arf-smart, Pociaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree: it is also called Plumbago.

Description of the mild.] *This hath broad leaves set at the great red joynts of the stalks; with semi-circular blackish marks on them usually, yet sometimes without. The flowers grow in long spikes usually, either blewish or whitish with such like seed following. The Root is long, with many strings thereat, perishing yearly: this hath no sharp tast (as another sort hath, which is quick and biting) but rather sour like Sorrel, or else a little dying, or without tast.*

Place. It grows in watry Plashes, Ditches, and the like, which for the most part are dry in Summer.

Time.] It flowreth in June, and the seed is ripe in August.

Government and Vertue.] As the Vertue of both these are various, so are also their Government: for that which is hot and biting, is under the Dominion of Mars, but Saturn challengeth the other, as appears by that Leaden colour'd spot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for petrified Ulcers in Man or Beast, to kill Worms, and cleanse the petrified places. The Juice thereof dropped in, or otherwise applied consumeth all cold Swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the Root, or some of the Seed bruised, and held to an aking tooth taketh away the pain. The Leaves bruised, and laid to the Joynt that hath a Felon there-

Ulcers, Cold Swellings; Bruised, congealed Blood; Tooth-ach, Felons. or An-dicoms.

The English Physitian Enlarged.

Worms in the Ears, Fleas, tyred Horses, Imposthumes, Inflammations, Wounds.

ou, taketh it away. The Juyce destroyeth Worms in the Ears being dropped into them: if the hot Arf-smart be strewed in a Chamber, it will soon kill all the Fleas; and the Herb or Juyce of the cold Arf-smart, put to a Horse or other Cattels Sores, will drive away the Fly in the hottest time of Summer: a good handful of the hot biting Arf-smart put under a Horses Saddle, will make him Travel the better although he were half tyred before. The mild Arf-smart is good against all Imposthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Vertues of both sorts of Arf-smart together, as men chop Herbs to the Pot, when both of them are of clean contrary qualities. The hot Arf-smart groweth not so high, or tall, as the mild doth, but hath many leaves of the colour of Peach-leaves, very seldom or never spotted; in other particulars it is like the former, but may easily be known from it if you will be but pleased to break a leafe of it crosse your Tongue, for the hot will make your Tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader leaves: and our Colledge of Physitians out of the learned Care for the publick good, *Anglice* their own gain, mistakes the one for the other in their *New Master-Piece*, whereby they discover, 1. Their Ignorance. 2. Their Carelesness, and he that hath but half an Eye, may see their Pride without a pair of Spectacles. I have done what I could to distinguish them in the Virtues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his Brother Dr. Experience, concerning either of them both.

Asarabacca.

Descript.]

A Sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own foot-stalk, which are rounder and bigger than Violet-leaves, thicker also, and of a dark green shining colour on the upper-side, and of a pale yellow green underneath, little or nothing dented about the edges, from among which rise small, round, hollow, brown, green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like Cups or Heads of the Henbane-seed, but that they are smaller: and these be all the flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein when they are ripe is contained small cornered, rough seeds, very like the Kernels or Stones of Grapes or Raisins. The Roots are small and whitish, spreading divers ways in the ground, and increasing into divers Heads: but not running or creeping under the ground as some other creeping Herbs do. They are somewhat sweet in smell, resembling Nardus, but more when they are dry, than green: and of a sharp, but not displeasing taste.

Place.] It groweth frequently in Gardens.

Time.] They keep their Leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe seed about Mid-summer, or somewhat after.

Government and Vertues.] 'Tis a Plant under the Dominion of Mars, and therefore inimical to Nature. This Herb being drunk, not only provoketh Vomiting, but purgeth downward, and by Urine also, purgeth both Choler and Flegm: if you add to it some Spicknard, with the Whey of Goats-Milk, or honyed Water, it is made more strong, but it purgeth Flegm more manifestly than Choler, and therefore doth much help pains in the Hips and other parts: it being boyled in Whey, wonderfully helpeth the Obstructions of the Liver and Spleen, and therefore profitable for the Dropisie and Jaundice, being steeped in Wine and drunk: It helps those continual Agues that come by the plenty of stubborn humours: an Oyl made thereof by setting in the Sun, with some *Laudanum* added to it, provoketh Sweating (the ridge of the Back being anointed therewith) and thereby driveth away the shaking fits of the Ague. It will not abide any long boyling, for it loseth its chiefest strength thereby, nor much beating, for the finer Powder doth provoke Vomits and Urine, and the courser purgeth downwards.

Caused Vomiting, Choler, Flegm, Urine, Obstructions of the Liver, and Spleen, Dropisie, Jaundice, Agues.

The common use hereof, is to take the Juyce of five or seven Leaves in a little drink to cause Vomiting: the Roots have also the same Vertue, though they do not operate so forcibly: yet they are very effectual against the biting of Serpents, and therefore are put as an Ingredient both into Mithridate and Venice-Triacle. *Serpents, Head, Memory.* The Leaves and Roots being boyled in Lie, and the Head often washed therewith while it is warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

I shall desire ignorant people to forbear the use of the Leaves; the Roots purge more gently, and may prove beneficial in such as have Cankers, or old putrified Ulcers or Fistulae upon their Bodies to take a dram of them in Powder in a quarter of a pint of white Wine in the morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing doth, for they weaken Nature, nor shall ever advise them to be used unless upon urgent necessity. If a Physitian be Natures Servant, it is his duty to strengthen his Mistress as much as he can, and weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Descrip.] **I**Triseth up at first with divers white green scaly Heads, very brittle or easie to break while they are young, which afterwards rise up in very long and slender green stalks, of the bigness of an ordinary riding wand: at the bottom of most, or bigger, or lesser, as the Roots are of growth: on which are set divers branches of green Leaves, shorter and smaller than Fennel to the top: at the joynts whereof come forth small mossie yellowish flowers, which turn into round Berries, green at the first, and of an excellent red colour when they are ripe, shewing like heads of Coral, wherein are contained exceeding hard black Seeds. The Roots are dispersed from a spongy head into many long, thick, and round strings, whereby it sucketh much nourishment out of the ground, and encreaseth plentifully thereby.

Prickly Asparagus, or Sperage.

Descript.] **I**T groweth usually in Gardens, and some of it grows wild in Appleton-Meadow in Gloucester-shire, where the poor people do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus is sold at London.

Time.] They do for the most part flower, and bear their Berries late in the year, or not at all, although they are housed in Winter.

Government and Vertues.] They are both under the Dominion of Jupiter. The young Buds or Branches boyled in one ordinary Broth, maketh the Belly soluble and open, and boyled in white Wine, provoketh Urin, being stopp'd and is good against the Strangury or difficulty of making water; it expelleth the Gravel and Stone

out of the Kidneys, and helpeth pains in the Reins. And boyled in white Wine or Vinegar, it is prevalent for them that have their Arteries loosned, or are troubled with the Hip-Gout or Sciatica. The Decoction of the Roots boyled in Wine and taken, is good to clear the Sight, and being held in the Mouth easeth the Tooth-ach: and being taken fasting several mornings together, stirreth up bodily Lust in Man or Woman (whatsoever some hath written to the contrary). The Garden Asparagus nourisheth more than the wild, yet hath it the same effects in all the aforementioned Diseases. The Decoction of the Roots in white Wine, and the Back and Belly bathed therewith, or kneeling or lying down in

the same, or setting therein as a Bath hath been found effectual against pains of the Reins and Bladder, pains of the Mother and Colick, and generally against all pains that happen to the lower parts of the body, and no less effectual against stiff and benumbed Sinews, or those that are shrunk by the Cramps and Convulsions, and helpeth the Sciatica.

Reins, Bladder, Mother, Cramp, Colick, Convulsion.

Ash-Tree.

THis is so well known, that time will be mis-spent in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

Government and Vertues.] It is governed by the Sun, and the young tops with the leaves taken inwardly, and some of them outwardly applied, is a singular good against the biting of the Viper, Adder, or any other venomous Beast: and the distilled there-from being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Drop sic, or to abate the greatness of those who are too gross or fat. The Decoction of the leaves in white Wine, helpeth to

break the Stone, and expel it, and cureth the Jaundice. The Ashes of the Bark and the Ash made into Lye, and those Heads bathed therewith which are Leprous, Scabby or Scald, they are thereby Cured. The Kernels within the Husks commonly called Ashen-Keys, prevai leth against Stitches and Pains in the Sides proceeding of Wind, and voideth away the Stone by provoking Urine.

Adder and Vipers biting, Drop sic, Stone, Jaundice, Leprosie, Scabs, Scald-Heads, Stitches, Stone, Dysury, Rickets.

I can justly except against none of all this, save only the first, *viz.* That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers: I suppose this had its rise from *Gerard* or *Pliny*, both which hold. That there is such an Antipathy between an Adder and an Ash-tree that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the Fire than through the Leaves: the contrary to which is the truth, as both my Eyes are witness. The rest are Vertues something likely, only if it be in Winter when you cannot get the Leaves, you may safely use the Bark instead of them. The Keys you may easily keep all the year gathering them when they are ripe.

Avens, called also Colewort, and Herb Bonet.

Description.] **T**His ordinary Avens hath many long, rough, dark, green winged leaves rising from the Root, every one made of many leaves set on each side of the middle Rib, the largest three whereof grow at the end, and are snip'd or dented round about the edges; the other bring small pieces, sometimes two, and sometimes four, standing on each side of the middle Rib underneath them. Among which do rise up divers rough or hairy stalks about two foot high, branching forth with leaves at every joynt, not so long as those below, but almost as much cut in on the edges, some into three parts, some into more. On the tops of the branches stand small, pale yellow flowers, consisting of five leaves, like the flowers of Cinkfoyl, but large, in the middle whereof standeth a small green Herb, which when the flower is fallen, groweth to be rough and round, being made of many long greenish purple seeds (like grains) which will stick upon your Cloaths. The Root consists of many brownish strings or fibres, smelling somewhat like unto Clover, especially those which grow in the higher, hotter, and dryer grounds, and in the freer and clear Air.

Place.] They grow wild in many places under Hedg-sides, and by the Pathways in fields: yet they rather delight to grow in shadowy than sunny places.

Time.] They flower in May and June for the most part, and their Seed is ripe in July at the furthest.

Government and Vertues.] It is governed by Jupiter, and that gives hopes of a wholesome healthful Herb. It is good for the

Diseases of the Chest or Breast, for Pains or Stitches in the Sides, and to expel crude and raw humours from the Belly and Stomach by the sweet savour and warming quality. It dissolveth the inward congealing of blood hapning by falls or bruises, and the spitting of blood if the Roots either green or dry, being

boyled in Wine and drunk, as also all manner of inward Wounds or outward, if they be washed or bathed therewith. The decoction also being drunk, comforteth the Heart, and strengtheneth the Stomach, and a cold Brain, and

Breasts, Stitches, Wind, Belly, Stomach, inward Wounds, Heart, cold-Brain, Obstructions, Colick, Fluxes Ruptures, Spots and Marks in the Face, Plague, poyson, indigestion.

helpeth the Wind-Colick : it also helps those that have Fluxes or are Bursten, or have a Rupture : it taketh away Spots or Marks in the Face, being washed therewith. The Juyce of the fresh Root or Powder of the dryed Root hath the same effect with the Decoction. The Root in the Spring-time steeped in Wine, doth give it a delicate favour and tast, and being drunk fasting every morning comforteth the Heart, and is a good preservative against the Plague, or any other Poyson. It helpeth digestion, and warmeth a cold Stomach, and openeth Obstructions of the Liver and Spleen.

It is very safe, you need have no Dose prescribed ; and is very fit to be kept in every bodies house.

Balm.

THis Herb is so well known to be an Inhabitant almost in every Garden, that I shall not need to write any Description thereof, although the Vertues thereof which are many, may not be omitted.

Government and Vertues.] It is an Herb of *Jupiter*, and under *Cancer*, and strengthens Nature much in all its actions. Let a Syrup made with the Juyce of it and Sugar (as you shall be taught at the latter end of the Book) be kept in every Gentlewomans house, to relieve the weak Stomachs and sick Bodies of their poor sickly Neighbors, as also the Herb kept dry in the house that so with other convenient Simples, you may make it into an Electuary with Honey according as the Disease is, as you shall be taught at the latter end of my Book. The *Arabian* Physitians have extolled the Vertues hereof to the Skies, although the *Greeks* thought it not worth mentioning.

Mind, Heart, Fainting, Swoonings, Melancholy, Indigestion, Obstruction, of the Brain, Heart, Arteries, venomous Beasts, mad Dogs, Terms provokes, Tooth-ach, bloody-Flux, Musbrooms, difficulty of Breathing, Gout, Liver, Spleen.

Serapio saith, It causeth the Mind & Heart to become merry, and reviveth the Heart, fainting in Swoonings, especially of such who are over-taken in Sleep, and driveth away all troublesome cares and thoughts out of the Mind arising from Melancholy, or black Choler ; which *Avicen* also confirmeth. It is very good to help digestion, and open Obstructions of the Brain : and hath so much purging quality in it (*Avicen*) as to expel those melancholy vapours from the Spirits and Blood which are in the Heart and Arteries, although it cannot do so in other parts

of the Body. *Dioscorides* saith, That the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy against the Sting of Scorpion, and the biting of Mad Dogs ; and commendeth the Decoction thereof for Women to bath or sit in to procure their Courses : it is good to wash aching Teeth therewith, and profitable for those that have the Bloody-flux. The Leaves also with a little Nitre taken in drink, are good against a surfeit of Mushrooms, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their Breath : used with Salt, takes away Wens, Kernels or hard Swellings in the Flesh or Throat : it cleanseth foul Sores, and easeth pains of the Gout. It is good for the Liver and Spleen.

Spleen. A Tanfie or Caudle made with Eggs, and the Juyce thereof while it is young, putting to it some Sugar and Rose-water, is good for Women in Child-bed, when the After-birth is not thoroughly avoided, and for their Faintings upon, or after their fore Travel. The Herb bruised and boyled in a little Wine and Oyl, and laid warm on a Boyl, will ripen and break it.

*Women in Child-Bed,
Fainting in Travel, Boyls.*

Barberry.

THe Shrub is so well known by every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

Government and Vertues.] Mars owns the Shrub and presents it to the use of my Country-men to purge their bodies of Choler.

The inner Rind of the Barberry-tree boyled in white Wine, and a quarter of a pint drunk each morning, is an excellent Remedy to cleanse the Body of Cholerick humours, and free it from such Diseases as Choler causeth, such be Scabs Itch, Tetters, Ringworms, yellow Jaundice, Boyls, &c. It is excellent for hot Agues, Burnings, Scaldings, heat of the Blood, heat of the Liver,

Choler, Scabs, Itch, Tetters, Ringworm, yellow Jaundice, Boyls, Agues, Burnings, Scaldings, Appetite, lost Hair.

Bloody-flux: for the Berries are as good as the Bark, and more pleasing, they get a man a good Stomach to his Victuals, by strengthening the attractive faculty, which is under Mars, as you may see more at large in the latter end of my *Ephemeris* for the Year 1651. The Hair washed with the Lye made of the Ashes of the Tree and Water, 'twill make it turn yellow, viz. of Mars his own colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Furz, cleanse the Body of Choler by Sympathy, as the Flowers, Leaves and Bark of the Peach-tree do by Antipathy: because these are under Mars, that under Venus.

Barley.

THe continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

Government and Vertues.] It is a notable Plant of Saturn, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a Reason of them, as also why Barley-bread is so unwholesome for Melancholy people. Barley in all the parts and compositions thereof, (except Malt) is more cooling than Wheat, and a little cleansing: and all the Preparations thereof, as Barley-water, and other things made thereof, do give great

Feavers, Agues, Stomach, Aposthumes, Inflammations, Spleen.

nourishment, to persons troubled with Feavers, Agues, and Heats in the Stomach. A Pultis made of Barley-meal or Flower boyled in Vinegar and Honey, and a few dry Figs put into them, dissolveth all hard Imposthumes, and asswageth Inflammations being thereto applyed. And being boyled with Melilot and Camomil-flowers, and some Linseed, Fenugreek,

and Rue in Powder, and applied warm, it easeth Pains in Side and Stomach, and windiness of the Spleen. The Meal of Barley and Flea-wort boyled in Water,

*Ears, Throat, Neck, Kings-
Evil, Leprosie, Flux, Gout,
Itch, Eyes.*

and made into a Pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and such like: and a Plaister made thereof with Tar, Wax and Oyl, helpeth the Kings-Evil in the Throat: boiled with sharp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie: being boiled in red Wine with Pomegranate Rinds and Mirries, stayeth the Lask or other Flux of the Belly: boiled with Vinegar and a Quince, it easeth the pains of the Gout. Barley-flower, white Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The water distilled from the green Barley in the end of May, is very good for those that have Defluxions of humours fallen into their Eyes, and easeth the pains being dropped into them, or white Bread steeped therein, and bound on to the Eyes, doth the same.

Garden Bazil, or Sweet Bazil.

Descript.]

THe greater or ordinary Bazil riseth up usually with one upright stalk diversly branching forth on all sides, with two leaves at every joynt, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh, a little snipt about the edges, and of a strong heady scent. The flowers are small and white, standing at the tops of the branches, with two small leaves at the joynts, in some places green, in others brown, after which come black seed. The Root periseth at the approach of Winter, and therefore must be new sown every year.

Place.] It only groweth in Gardens.

Time.] It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

Government and Vertues.] This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers. Galen and Dioscorides hold it not fitting to be taken inwardly: and Crysippus rails at it with downright Billings-gate Rhetorick. Pliny and the Arabian Physitians defend it.

For mine own part I presently found that Speech true;

Non nostrum inter nos tantas componere lites.

And away to Dr. Reason went I, who told me it was an Herb of Mars, and under the Scorpion and perhaps therefore called Basilicon, and then no marvel if it carry a kind of virulent quality with it. Being applied to the place bitten by a venomous Beast, or stung by a Wasp or Hornet, it speedily draws the

Poyson to it: Every like draws his like. Mizaldus affirms, That it being laid to rot in Horse-dung, it will breed venomous Beasts. And Hollerius a French Physitian, affirms upon his own knowledge, That an acquaintance of his by common smelling to it, had a Scorpion bred in his Brain. Something is the matter this Herb and Rue will not grow together, no, nor near one another: And we know Rue is as great an enemy to Poyson, as any grows.

To conclude : It expelleth both Birth and After-birth : and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

The Bay-Tree.

THis is so well known, that it needs no Description ; I shall therefore only write the Vertues thereof, which are many.

Government and Vertues.] I shall but only add a word or two to what my Friend hath written, viz. That it is a Tree of the Sun, and under the Celestial Sign *Leo*, and resisteth *Witchcraft*.

Withcraft very potently, as also all the evils old *Saturn* can do to the body of Man, and they are not a few ; for it is the speech of one, and I am mistaken if it were not *Mizaldus*, That neither Witch nor Devil, Thunder nor Lightning, will hurt a Man in the place where a Bay-Tree is. *Galen* saith, That the Leaves, or Bark do dry and heal very much, and the Berries more than the Leaves. The Bark of the Root is less sharp and hot, but more bitter, and hath some astringency withal, where-

by it is effectual to break the Stone, and good to open Obstructions of the Liver, Spleen, and other inward parts, which bring the Dropfie, Jaundice, &c. The Berries are very effectual against all Poyson of venomous Creatures, and the stings of Wasps, and Bees, as also against the Pestilence, or other infectious Diseases, and therefore is put into sundry Triacles for that purpose : they likewise procure Womens Courses ; and seven of them given to a Woman in sore Travel of Child-birth, do cause a speedy delivery, and expel the After-birth, and therefore not to be taken by such as have not gone out their time, lest

they procure Abortment, or cause Labour to soon : they wonderfully help all cold and rheumatick Distillations from the Brain to the Eyes, Lungs or other parts. And being made into an Electuary with Honey do help the Consumption, old Coughs, shortness of Breath and thin Rheums ; as also the Megrim : they mightily expel Wind, and provoke Urine ; help the Mother, and kill the Worms : the Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in, that are troubled with the Mother, or the Diseases thereof, or the stoppings of their Courses, or for the Diseases of the Bladder, pains in the Bowels by wind and stopping of Urine. A Decoction likewise of equal parts of Bay-berries, Cummin-seed, Hyssop, Origanum, and Euphorbium, with some Honey, and the Head bathed therewith doth wonderfully help Distillations and Rheums, and setleth the Palate of the Mouth into its place. The Oyl made of the Berries is very comfortable in all cold griefs of the Joynts, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Palsies, Convulsions, Cramps, Aches, Tremblings and numbness in any

Stone, Obstructions of the Liver and Spleen, Drop-sie, Poyson, Jaundice, Bees, Wasps, Hornets, Terms provokes, causes Deliv-ery, After-birth, Cough, Eyes, Lungs, shortness of Breath Megrim, Wind, Vertigo, Dysury, Mother, Worms, Joynts, Nerves, Arteries,

any part, weariness also, and pains that come by sore travelling : All griefs and pains proceeding from Wind, either in the Head, Stomach, Back, Belly or Womb, by anointing the parts affected therewith : And pains in the Ears are also cured by dropping in some of the Oyl, or by receiving in the Ears the warm fume of the Decoction of the Berries through a Funnel. The Oyl takes away the marks of the Skin and Flesh by bruises, falls, &c. and dissolveth the congealed blood in them. It helpeth also the Itch, Scabs and Wheals in the Skin.

Beans.

Both the Garden and Field Beans are so well known, that it saveth me labour of writing any Description of them. Their Vertues follow.

Government and Vertues.] They are Plants of *Venus* ; and the distilled Water of the Flower of Garden Beans, is good to cleanse the Face and Skin from Spots and Wrinkles, and the Meal or Flower of them, or the small Bean doth the same. The Water distilled from the green Husks, is held to be very effectual against the Stone, and to provoke Urine. Bean-flower is used in Pultisses to assuage Inflammations rising upon Wounds, and the swelling of Womens Breasts caused by the curdling of their Milk, and represseth their Milk : The Flower of Beans and Fenugreek mixed with Honey, and applied to Felons, Boils, Bruises, or blue Marks by Blows, or the Imposthumes in the Kernels of the Ears, helpeth them all : And with Rose-leaves, Frankincence, and the white of an Egg being applied to the Eyes, helpeth them that are swollen, or do water, or have received any blow upon them, if used with Wine. If a Bean be parted in two, the Skin being taken away, and laid on the place where a Leech hath been set that bleedeth too much, it stayeth the bleeding. Bean-flower boyled to a Pultis with Wine and Vinegar, and some Oyl put thereto, ceaseth both pain and swelling of the Cods. The Husks boyled in water to a consumption of a third part thereof, stayeth a Lask : and the ashes of the Husks made up with old Hogs-grease, helpeth the old Pains, Contusions and Wounds of the Sinews, the Sciatica and Gout. The Field-beans have all the afore-mentioned Vertues as the Garden-beans.

Beans eaten are extreme windy meat ; but if after the *Dutch* fashion, when they are half boyled you husk them, and then stew them (I cannot tell you how, for I never was Cook in all my life) they are wholsomer Food.

Beans.

Description.]

This French or Kidney-Bean, ariseth up at first but with one stalk, which afterwards divideth it self into many arms

or Branches, but also weak, that if they be not sustained with sticks, or poles, they will lie fruitless upon the ground: at several places of these Branches grow forth long foot-stalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top whereof come forth divers Flowers made like unto Pease-Blossoms, of the same colour for the most part that the Fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Cods, some crooked, some strait, with a string as it were running down the back thereof, wherein are contained flattish round Fruit made to the fashion of a Kidney: the Root is long, spreadeth, with many strings annexed, to it every year.

There is another sort of French Beans commonly growing with us in this Land, which is called the *Scarlet flowered Bean*.

This ariseth up with sundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-stalks with three leaves on each, as on the other: The flowers also are in fashion like the other: but many more set together, and of a most Orient Scarlet colour. The Beans are larger than the ordinary kind, of a deep purple colour, turning back when it is ripe and dry: The Root perisheth also in Winter.

Government and Vertues.] These also belong to Dame Venus, and being dried and beat to powder, are as great strengtheners of the Kidneys as any are: neither is there a better Remedy than it, a dram at a time taken in white Wine to prevent the Stone, or to cleanse the Kidneys of Gravel or Stoppage. The ordinary French Beans are of an easie digestion, they move the Belly, provoke Urine, enlarge the Breast that is streightned with shortness of Breath, engender Sperm, and incite to Venery.

Disury, shortness of Breath, Incite to Venery.

And the Scarlet coloured Beans, in regard of the glorious beauty of their colour, being set near a Quick-set Hedge, will bravely adorn the same by climbing up thereon, so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go near to kill the Quick-sets by cloathing them in Scarlet.

A gallant Shew.

Ladies Bed-straw.

BESIDES the common name above-written, it is called Cheef-Rennet, because it performs the same office; as also Gallion, Pettimugget and Maids-hair, and by some wild Rosemary.

Description.] This riseth up with divers small, brown, and square upright stalks a yard high, or more, sometimes branches forth into divers parts, full of Joynts, and with divers very fine small Leaves at every one of them, little or nothing rough at all: At the top of the Branches grow many long tufts or branches of yellow flowers very thick set together, from the several Joynts which consist of four Leaves a piece, which smell somewhat strong, but not unpleasant: The seed is small and black like Poppy-seed, two for the most part joynd together:

The

The Root is reddish, with many small threads fastned unto it, which takes strong hold of the ground, and creepeth a little: And the branches leaning a little down to the ground, take Root at the joynts thereof, whereby it is easily encreased.

There is also another sort of Ladies-bed-straw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are so weak, that unless it be sustained by the Hedges, or other things near which it groweth, it will lie down to the ground; the Leaves a little bigger than the former, and the flowers not so plentifully as those; and the Root hereof is also thriddy and abiding.

Place.] They grow in Meadows and Pastures both wet and dry, and by the Hedges.

Time.] They flower in May for the most part, and the seed is ripe in July and August.

Government and Vertues.] They are both Herbs of Venus, and therefore strengthen the parts both internal and external which she rules. The Decocti-

Stone, Dysury, Bleeding, Wounds, Burnings, Galled Feet, Weariness, Stiffness of Joynts, Scabs, Itch.

on of the former of those being drunk, is good to fret and break the Stone, provokes Urine, stayeth inward Bleedings, and healeth inward Wounds. The Herb or Flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The flowers and herbs being made into an Oyl, by being set in the Sun, and changed after it hath stood ten or twelve days; or into an Ointment being boiled in Axungia or Sallet Oyl, with some Wax melted therein, after it is strained; either the Oyl made thereof, or the Ointment, do help Burnings with Fire, Scaldings with Water. The same also, or the Decoction of the Herb and Flower, is good to bath the Feet of Travellers and Lacquies, whose long running, causeth Weariness and Stiffness in their Sinews and Joynts: If the Decoction be used warm, and the Joynts afterwards anointed with Ointment, it helpeth the dry Scab, and the Itch in Children: and the Herb with the white Flower is also very good for the Sinews, Arteries, and Joynts, to comfort and strengthen them after Travel, Cold, and Pains.

Beets:

OF Beets there are two sorts, which are best known generally, and whereof I shall principally treat at this time, viz. The white and red Beets; and their Vertues.

Descript.] The common white Beet hath many great Leaves next the ground somewhat large, and of a whitish green colour: The Stalk is great, strong, and ribbed, bearing great store of Leaves upon it, almost to the very top of it: The Flowers grow in very long tufts, small at the ends, and turning down their heads, which are small, pale, greenish, yellow Burs: giving cornered prickled seed. The Root is great, long and hard, and when it hath given seed, is of no use at all.

The

The common Red Beet differeth not from the White, but only it is lesser, and the Leaves and the Root are somewhat red: the Leaves are differently red, in some only with red stalks or veins; some of a fresh red, and others of a dark red. The Root thereof is red, spungy, and not used to be eaten.

Government and Vertues.] The Government of these two sorts of Beets are far different; the red Beet being under Saturn, and the white under Jupiter; therefore take the Vertues of them apart, each by him. The white Beet doth much loosen the Belly, and is of a cleansing digesting quality, and provoketh Urine: The Juyce of it openeth Obstructions, both of the Liver and Spleen, and is good for the Head-ach and swimings therein, and turnings of the Brain; and is effectual also against all venomous Creatures: and applied upon the Temples, stayeth Inflammations in the Eyes; it helpeth Burnings, being used with Oyl, and with a little Allum put to it, it is good for St. *Antonies* Fire. It is also good for all Wheals, Pufhes, Blisters, and Blains in the Skin: The Herb boyled and laid upon Chilblains or Kibes, helpeth them: The Decoction thereof in Water and some Vinegar, healeth the Itch, if bathed therewith, and cleanseth the Head of Dandriff, Scurf, and dry Scabs; and doth much good for fretting and running Sores, Ulcers, and Cankers in the Head, Legs or o her parts, and is much commended against Baldness and shedding of Hair.

Cleanse, Digest, Dysury, Obstructions of the Liver and Spleen, Vertigo, Venomous Beasts, Burnings, St. Antonies fire, Wheals, Blisters, Chilblains, Kibes, Itch, Dandriff, Scabs, Ulcers, Canker, Baldness.

The red Beet is good to stay the bloody Flux, Womens Courfes and the Whites, and to help the yellow Jaundice. The Juyce of the Root put into the Nostrils, purgeth the Head, helpeth the Noise in the Ears, and the Toeth-ach; the Juyce snuffed up the Nose, helps a stinking Breath, if the cause lies in the Nose, as many times it doth, if any bruise hath been there, as also want of Smell coming that way.

Flux, Terms stops, Whites, Stinking Breath, noise in the Ears, Smell lost.

Water-Betony.

Called also *Broom-wort*, and in *Yorkshire*, *Bishops-Leaves*.

Description.] First of the Water-Betony, which riseth up with square, hard, greenish stalks, sometimes brown, set with broad dark green Leaves dented about the edges with notches, somewhat resembling the Leaves of the Wood-Betony, but more larger, two for the most part set at a joynt. The Flowers are many, set at the tops of the stalks and branches, being round bellied, and open at the brims, and divided into two parts, the uppermost being like a hood, and the lowermost like a lip hanging down, of a dark red colour, which passing away, there comes in their places small round heads, with small points in the ends, wherein lie small and brownish seeds: The Root is a thick bush of strings and shreds growing from the Head.

Place.

Place.] It groweth by Ditch-sides, Brooks, and other Water-courses generally through this Land, and is seldom found far from the Water-sides.

Time.] It flowreth about *July*, and the seed is ripe in *August*.

Government and Vertues.] Water-Betony is an Herb of *Jupiter* in *Cancer*, and is appropriated more to Wounds and Hurts in the Breast than Wood-Betony which follows. It is an excellent Remedy for sick Hogs. It is of a cleaning quality; the Leaves bruised and applied, are effectual for all old and filthy Ulcers; and especially if the Juyce of the Leaves be boyled with a little

Ulcers,

Bruises,

Sun-burning.

Honey, and dipped therein, and the Sores dressed therewith: as also for Bruises or Hurts whether inward or outward: The distilled Water of the Leaves is used for the same purposes: as also to bath the face or hands spotted or blemished, or discoloured by Sun-burning.

I confesse I do not much fantasie distilled Waters, I mean such Waters as are distilled cold; some Vertues of the Herb they may happily have (it were a strange thing else) but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apish fashion is, both Chymical Oyl and Salt is left behind, unless you burn them, and then all is spoiled, Water and all, which was good for as little as can be by such a Distillation. You have the best way of Distillation in my *Translation of the London Dispensatory*.

Wood-Betony.

Descript.] **C**ommon or Wood-Betony hath many Leaves rising from the Root, which are somewhat broad and round at the end, roundly dented about the edges, standing upon long foot-stalks, from among which rise up small, square, slender, but yet upright hairy stalks with some Leaves thereon, two a piece at the joynts, smaller than the lower, whereon are set several spiked Heads of flowers like Lavender, but thicker and shorter for the most part, and of a reddish or purple colour, spotted with white spots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, are blackish, somewhat long and uneven. The Roots are many white thriddy strings; the stalk periseth, but the Roots with some Leaves thereon, abide all the Winter. The whole Plant is somewhat small.

Place.] It groweth frequently in Woods, and delighteth in shady places.

Time.] And it flowreth in *July*, after which the Seed is quickly ripe, yet in its prime in *May*.

Government and Vertues.] The Herb is appropriated to the Planet *Jupiter*, and the Sign *Aries*. *Antonius Musa*, Physitian to the Emperour *Augustus Caesar*, wrote a peculiar Book of the Vertues of this Herb; and amongst other

Vertues,

Vertues, faith of it, That it preserveth the Liver and Bodies of Men from the danger of Epidemical Diseases, and from Witchcrafts also : It is found by dayly experience to be good for many Diseases ; It helpeth those that loath, or cannot digest their Meat, those that have weak Stomachs, or four Belchings ; or continual rising in their Stomach, using it familiarly either green or dry ; either the Herb or Root, or the Flowers in Broath, Drink or Meat, or made into Conserve, Syrup, Water, Electuary, or Powder, as every one may best frame themselves unto, or as the time or season requireth, taken any of the aforesaid ways, it helpeth the Jaundice, Falling-sickness, the Palsie, Convulsions or shrinking of the Sinews, the Gout, and those that are inclined to Dropxies, those that have continual pains in the Head although it turn to Phrensie. The Powder mixed with pure

Honey is no less available for all sorts of Coughs or Colds, Wheezing, or shortness of Breath, Distillations of thin Rheum upon the Lungs, which causeth Consumptions. The Decoction made with Mead and a little Peny-royal, is good for those that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the blood and humours that by falling into the

Eyes, doth hinder the sight : The Decoction thereof made in Wine, and taken, killeth the Worms in the Belly, openeth Obstructions both of the Spleen and Liver, cureth Stitches, and pains in the Back or Sides, the torments and griping pains of the Bowels, and the Wind-Colick : and mixed with Honey purgeth the Belly, helpeth to bring down Womens Courfes, and is of special use for those that are troubled with the falling down of the Mother, and pains thereof, and causeth an easie and speedy delivery of Women in Child-birth : It helpeth also to break and expel the Stone either in the Bladder or Kidneys. The Decoction with Wine, gargled in the Mouth, easeth the Tooth-ach. It is commended against the stinging or biting of Venomous Serpents or Mad-Dogs, being used inwardly, and applied outwardly to the place. A dram of the Powder of Betony, taken with a little Honey in some Vinegar, doth wonderfully refresh those that are over wearied by Travel ; it stayeth Bleeding at the Mouth or Nose, and helpeth those that piss or spit Blood, and those that are Bursten or have a Rupture, and is good for such as are bruised by any Fall, or otherwise. The green Herb bruised, or the Juyce applied to any inward hurt, or outward green Wound in the Head or Body, will quickly heal and close it up ; as also any Veins or Sinews that are cut ; and will draw forth any broken Bone, or Splinter, Thorn, or other thing gotten into the Flesh : It is no less profitable for old Sores, or filthy Ulcers ; yea, though they be fistulous and hollow ; but some do advise to put a little Salt to this purpose : Being applied with a little Hogs

*Epidemical Diseases ,
Witchcraft , Appetite ,
Indigestion , Stomach ,
Belching, Jaundice, Fal-
ling-sickness, Palsie, Con-
vulsion, shrinking of the
Sinews, Gout, Dropisie,
Frensie, Cough, Colds, short-
ness of Breath, Agues, of
all sorts, sore Eyes, Worms,
Obstructions of the Liver
and Spleen, Stitches, Pains
in the Back and Belly,
Terms provokes, Mother,
Child-birth, Stone, Tooth-
ach, Venomous Beasts,
Mad-Dogs, Weariness,
Bleeding at Mouth and
Nose, Pissing, and Spit-
ting of Blood, Rupture,
Bruises, Wounds, Veins,
and Sinews cut, Ulcers,
Fistulaes, Boils, Ears.*

Lard. it helpeth a Plague-Sore, and other Boils and Pushees : The fumes of the Decoction while it is warm, received by a funnel into the Ears, easeth the pains of them, destroyeth the Worms, and cureth the running Sores in them : The Juycce dropped into them doth the same. The Root of Betony is displeasing both to the tast and Stomach ; whereas the Leaves and Flowers by their sweet and spicy tast, are comfortable in Meat and Medicine,

These are some of the many Vertues *Antony Musa* an expert Physitian, (for it was not the practice of *Octavius Cesar* to keep Fools about him) appropriates to Betony ; It is a very precious Herb, that is certain, and most fitting to be kept in a Mans house both in Syrup, Conserve, Oyl, Ointment and Plaister. The Flowers are usually conserved.

The Beech-Tree.

IN treating of this Tree, you must understand that I mean the great Mast Beech ; which is by way of distinction from that other small rough sort, called in *Sussex* the small Beech ; but in *Essex* Horn-beam.

I suppose it is needless to describe it, being already so well known to my Country-men.

Place.] It groweth in Woods amongst Oaks and other Trees, and in Parks, Forrests and Chases to feed Deer ; and in other places to fatten Swine.

Time.] It bloometh in the end of *April*, or beginning of *May*, for the most part, and the Fruit is, ripe in *September*.

Government and Vertues.] It is a Plant of *Saturn*, and therefore performs his qualities and properties in these operations : The Leaves of the Beech-Tree are Cooling and Binding, and therefore good to be applied to hot Swellings to discuss them : The Nuts do much nourish such Beasts that feed thereon. The Water that is found in the hollow places of decaying Beeches, will cure both Man and Beast of any Scurf, Scab, or running Tettors, if they be washed therewith. You may boyle the Leaves into a Pultis, or make an Ointment of them, when time of year serves.

Bilberries ; called also by some, Whorts and Whortle-Berries.

Description.] **O**F those, I shall only speak of two sorts, which are commonly in England, viz. The Black and Red Berries. And first of the Black.

The small Bush creepeth along upon the Ground, scarce rising half a yard high, with divers small dark green Leaves set on the green Branches, not ways one against the other, and a little dented about the edges : At the End of the Leaves come forth small, hollow, pale, bluish coloured Flowers ; the brim ending in five points, with a reddish thred in the middle ; which, past into small round berries of the bigness and colour of Juniper-berries ; but of a purple sweetish sharp tast ; the Juycce of them giveth a purplish colour to their hands.

lips that eat and handle them, especially if they break them. The Root groweth aslope under ground, shooting forth in sundry places as it creepeth: This loseth its Leaves in Winter.

The Red Bilberry, or Whortle-bush, riseth up like the former, having sundry hard Leaves, like the Box-tree Leaves, green and round pointed, standing on the several branches, at the tops whereof only, and not from the sides, as in the former, come forth divers round flowers, of a pale red colour, after which succeed round, reddish, sappy Berries, when they are ripe, of a sharp tast. The Root runneth in the ground, as in the former, but the Leaves of this abide all the Winter.

Place.] The first groweth in Forrests, on the Heaths, and such like barren places: The Red grows in the North parts of this Land, as Lancashire, Yorkshire, &c.

Time.] They flower in March and April, and the Fruits of the black is ripe in June and July.

Government and Vertues.] They are under the Dominion of Jupiter. It is pity they are used no more in Physick than they are. The black Bilberries are good in hot Agues, and to cool the heat of the Liver and Stomach: they do somewhat bind the Belly and stay Vomitings and Loathings: The Juyce of the Berries made into a Syrup, or the Pulp made into a Conserve with Sugar, is good for the purposes

Agues, Stomach, Liver,
Vomiting, Appetite lost,
Cough, Fluxes.

asforesaid, as also for an old Cough, or an Ulcer in the Lungs, or other Diseases therein. The Red Whorts are more binding, and stop Womens Courfes, spitting of Blood, or any other flux of Blood or Humours, being used as well outwardly as inwardly.

Boisfoyl, or Twayblade.

Descript.] This small Herb from a Root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk, bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having only two broad Plantane like Leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place.] It is an usual Inhabitant in Woods, Copses, and in many other places in this Land.

There is another sort grows in wet Grounds and Marshes, which is somewhat differing from the former: It is a smaller Plant, and greener, having sometimes three Leaves; the spike of the flowers is less than the former, and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds both green and old, and to consolidate or knit Ruptures, and well it may, being a Plant of Saturn.

Wounds, Ruptures.

The Birch-Tree.

Descript.] **T**His groweth a goodly tall straight Tree, fraught with many Boughs and slender Branches bending downwards; the old being covered with a discoloured chapped Bark, and the younger being browner by much: The Leaves at the first breaking out are crumpled, and afterward like the Beech-leaves, but smaller and greener, and dented about the edges. It beareth small short Catskins, somewhat like those of the Hazel Nut-Tree, which abide on the Branches a long time, until growing ripe, they fall on the ground, and their seed with them.

Place.] It usually groweth in Woods.

Government and Vertues.] It is a Tree of *Venus*, The Juyce of the Leaves while they are young, or the distilled water of them, or the water that comes out of the Tree, being bored with an Augur, and distilled afterwards: any of these being drunk for some days together, is available to break the Stone in the Kidneys and Bladder, and is good also to wash fore Mouths.

Birds-Foot.

THis finall Herb groweth not above a span high, with many Branches spread upon the ground, set with many wings of small Leaves: The Flowers grow upon the Branches, many small ones of a pale yellow colour, being set a head together, which afterwards turned into so small joynted Cods, well resembling the Claws of small Birds, whence it took its name.

There is another sort of Birds-foot in all things like the former, but a little larger: the Flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the Roots do carry many small white knots or kernels amongst the strings.

Place.] These grow on Heaths, and many open untilld places of this Land.

Time.] They flower and seed in the end of Summer.

Government and Vertues.] They belong to *Saturn*, and are of a drying, binding quality, and thereby very good to be used in Wound-drinks, as also to apply outwardly for the same purpose. But the latter Birds-foot is found by experience to break the Stones in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture being taken inwardly and outwardly applyed to the place.

All Salts have best operation upon the Stone, as Ointments and Plaisters have upon Wounds: and therefore you may make a Salt of this for the Stone: The way how to do so, may be found in my Translation of the *London Dispensatory*; and it may be I may give you again in plainer Terms, at the latter end of this Book.

Bishops-weed,

Besides the common name Bishops-weed, it's usually known by the Greek name *Ammi*, and *Ammios*; some call it *Aethiopian Cammin-feed*, and others

others Cummin-Royal; as also Herb-William, and Bull-wort.

Descript.] Common Bishops-weed riseth up with a round straight stalk sometimes as high as a man, but especially three or four foot high, beset with divers small, long and somewhat broad Leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbles, of white flowers, which turn into small brown seed, little bigger than Parsly-seed; of a quick hot scent and tast: The Root is white and stringy, perishing yearly after it hath seeded, and usually riseth again of its own sowing.

Place.] It groweth wild in many places in England and Wales, as between Green-heath and Gravesend.

Government and Vertues.] It is hot and dry in the third degree, of a bitter tast, and somewhat sharp withal, it provokes Lust to purpose: I suppose Venus owns it. It digesteth Humours; provoketh Urine and Womens Courses, dissolveth Wind, and being taken in Wine; easeth pains and griping in the Bowels, and is good against the biting of Serpents: It is used to good effect in those Medicines which are given to hinder the poisonous operation of *Cantharides* upon the passage of the Urine: being mixed with Honey, and applied to black and blew marks, coming of blows or bruises, it takes them away: and being drunk, or outwardly applied, it abateth an high colour, and makes it pale: and the Fumes thereof taken with Rosin or Raisins, cleanseth the Mother.

Dysury, Terms provokes, Wind-colick; Venomous Beasts, Cantharides, black and blew Spots, high Colour, Mother.

Bistort, or Snake-weed.

It is called Snake-weed, English Serpentry, Dragon-wort, Oysterich, and Passions.

Descript.] This hath a thick, short, knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent tast, with divers black threds hanging there from whence spring up every year divers Leaves, standing upon long foot-stalks, being somewhat broad and long like a Dock-Leaf, and a little pointed at the ends, but that it is of a blewish green colour on the upper-side, and of an Ash-colour Gray, and a little purplish underneath, with divers Veins therein; from among which rise up divers small and slender stalks, two foot high, and almost naked, and without Leaves, or with very few, and narrow, bearing a spiky bush of pale colour'd flowers, which being past, there abideth small seed, somewhat like unto Sorrel-seed, but greater.

There are other sorts of Bistort growing in this Land, but smaller, both in height, root, and stalks, and especially in the Leaves. The root blackish without, and somewhat whitish within, of an austere binding tast, as the former.

Place.] They grow in shadowy moist Woods, and at the foot of the Hills, but are chiefly nourished up in Gardens. The narrow leaved Bistort groweth in the North, in Lancashire, Yorkshire, and Cumberland.

Time.] They flower about the end of May, and the seed is ripe about the beginning of July.

Government and Vertues.] It belongs to *Saturn*, and is in operation cold and dry; Both the Leaves and Roots have a powerful faculty to resist all Poyson: The Root in Powder taken in drink, expelleth the Venom of the Plague, the Small Pox, Meazles, Purples, or any other infectious Disease, driving it out by sweating. The Root in Powder, the Decoction thereof in Wine being drunk, stayeth all manner of inward bleeding or spitting of Blood, and any Fluxes in the Body of either Man or Woman, or Vomiting. It is also very available against Ruptures, or Burstings, or all Bruises of Falls, dissolving the congealed Blood, and easing the pains that happen thereupon, it also helpeth the Jaundice. The water distilled from both Leaves and Roots, is a singular Remedy to wash any place bitten or stung by any Venomous Creature; as also for any of the purposes before spoken of, and is very good to wash any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Miscarriage in Child-bearing. The Leaves also kill the Worms in Children and is a great help to them that cannot keep their water, if the Juyc of Plantane be added thereto, and outwardly applied, much helpeth the Gonorrhea, or Running of the Reins. A dram of the Powder of the Root taken in the water thereof wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto, so as the Body be first prepared and purged from the offensive humours. The Leaves, Seed or Roots, are all very good in Decoctions, Drinks, or Lotions, for inward or outward Wounds or other sores. And the Powder strewed upon any Cut or Wound in a Vein, stayeth the immoderate bleeding thereof: The Decoction of the Roots in Water whereupon some Pomegranate Pills and Flowers are added, injected into the Matrix, stayeth the access of humours to the Ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate flux of the Courfes. The Root hereof with Pellitory of *Spain*, and burnt Allum, of each a little quantity, beaten small and made into Past, with some Honey, and a little piece thereof put into an hollow Tooth, or held between the Teeth, if there be not hollownes in them, stayeth the defluxion of Rheum upon them, which causeth pains, and helps to cleanse the Head and void much offensive water. The distilled water is very effectual to wash Sores or Cankers, in the Nose or any other parts, if the Powder of the Root be applied thereunto afterwards. It is good also to fasten the Gums and to take away the heat and inflammations that happen in the Jaws, Almonds of the Throat and Mouth: If the decoction of the Leaves, Roots or ~~Seeds~~ be used, or the Juyc of them; but the Roots are most effectual to the purposes aforesaid.

One-Blade.

Description.] **T**His small Plant never beareth more than one Leaf, but only when it riseth up with its stalk, which thereon beareth another and seldom more, which are of a blewish green colour, broad at the bottom, and pointed with many ribs or Veins like Plantane: At the top of the stalk grow many small flowers star-fashion, smelling something sweet: after which come small reddish berries when they are ripe. The Root small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.

Place.] It grows in moist, shadowy, grassie places of Woods in many places of this Realm.

Time.] It flowreth about May, and the Berries be ripe in June, and then quickly perisheth until the next year it springeth from the same again.

Government and Vertues.] It is an Herb of the Sun, and therefore Cordial, Half a dram, or a dram at most of the Roots hereof in Powder taken in Wine and Vinegar, of each a like quantity, and the party presently laid to sweat, is held to be a soveraign Remedy for those that are infected with the Plague, and have a Sore upon them, by expelling the Poyson, and defending the Heart and Spirits from danger: It is *Pestilence, Wounds, Nerves* also accounted a singular good Wound Herb, and *Sinews hurt.* therefore used with other Herbs in making such Balms as are necessary for the Curing of Wounds either green or old, and especially if the Nerves or Sinews be hurt.

The Bramble, or Black-Berry-Bush.

It is so well known, that it needeth no description, The Vertues thereof are as followeth.

Government and Vertues.] It is a Plant of Venus in Aries, You shall have some directions at the latter end of the Book for the gathering of all Herbs and Plants, &c. If any ask the reason why Venus is so prickly? Tell them, 'tis because she is in the house of Mars. The Buds, Leaves and Branches while they are green, are of a good use in the Ulcers and putrid Sores of the Mouth and Throat, and for the Quinsie; and likewise to heal other fresh Wounds and Sores: but the Flowers and Fruit unripe are very binding, and so profitable for the Bloody-Flux, Lasks, and are a fit Remedy for spitting of Blood: Either the Decoction or Powder of the Root being taken, is good to break or drive forth Gravel, and the Stone in the Reins and Kidneys. The Leaves and Brambles as well green as dry, are excellent good lotions for Sores in the Mouth or Secret Parts. The Decoction of them, and of the dried Branches, do much bind the Belly, and are good for too much flowing of Womens Courses: The Berries of the Flowers are a powerful Remedy against the Poyson of the most venomous Serpents, as well drunk

Fundament, Piles, Feavers, Head, Eyes, Itch, Scabby Heads.

drunk as outwardly applied, helpeth the Sores of the Fundament, and the Piles. The Juyce of the Berries mixed with the Juyce of Mulberries, do bind more effectually, and help fretting and eating Sores and Ulcers wheresoever. The distilled water of the Branches, Leaves and Flowers, or of the Fruit, is very pleasant in tast, and very effectual in Feavers and hot distempers of the Body, Head, Eyes, and other parts, and for all the purposes aforesaid. The Leaves boyled in Ly, and the Head washed therewith, healeth the Itch, and the running Sores thereof, and maketh the Hair black. The Powder of the Leaves strewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juyce of the Leaves, and some the Juyce of the Berries, to keep for their use all the year, for the purposes aforesaid.

Blites.

Description.] **O**f these there are two sorts commonly known, viz. *White and Red.* The *White* hath Leaves somewhat like unto Beets, but smaller, rounder, and of a whitish green colour, every one standing upon a small long foot-stalk: the stalk riseth up two or three foot high, with such like Leaves thereon: the Flowers grow at the top in long round tufts or clusters, where-in are contained small and round seed: the Root is very full of threads or strings.

The *Red Blite* is in all things like the *White*, but that his Leaves and tufted Heads are exceeding red at first, and after turn more purplish.

There are other kind of *Blites* which grow wild, differing from the two former sorts but little, only the wild are smaller in every part.

Place.] They grow in Gardens, and wild in many places in this Land.

Time.] They seed in *August* and *September*.

Government and Vertues.] They are all of them cooling, drying, and binding, serving to restrain the Fluxes of Blood in either Man or Woman, especially the *Red*; which also stayeth the over-flowing of Womens Reds, as the *White Blite* stayeth the Whites in Women: It is an excellent secret, you cannot well fail in the use: they are all under the Dominion of *Venus*.

There is one other sort of wild *Blites*, like the other wild kinds, but have long and Spike heads of greenish seed, seeming by the thick setting together to be all seed.

This sort the Fishes are delighted with, and it is a good and usual bait; for Fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.

Borrage, and Bugloss.

These are so well known to the Inhabitants in every Garden, that I hold it needless to describe them.

To these I may add a third sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description.

It is called *Langue-de-Beef*; but why they should call one Herb by the Name *Bugloss*, and another by the Name *Langue-de-Beef*, it's to me some question, seeing one signifies *Ox-Tongue* in Greek, and the other signifies the same in French.

Description.] *The Leaves thereof are smaller than those of Bugloss, but much rougher; the stalk rising up about a foot and half high, and is most commonly of a red colour; the flowers stand in scaly rough heads, being composed of many small yellow flowers not much unlike to those of Dandelyon, and the seed flieth away in Down, as that doth: you may easily know the flowers by their taste, for they are very bitter.*

Place.] It groweth wild in many places of this Land, and may be plentifully found near *London*, as between *Redriff* and *Deptford*, by the Ditch-sides. Its Vertues are held to be the same with *Borrage* and *Bugloss*, only this is somewhat hotter.

Time.] They flower in *June* and *July*, and the seed is ripe shortly after.

Government and Vertues.] They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengtheners of Nature. They are very Cordial.

The Leaves or Roots are to very good purpose used in Putrid and Pestilential Feavers, to defend the Heart, and help to resist and expel the Poyson, or the Venom of other Creatures; the seed is of the like effects; and the Seed and Leaves are good to encrease Milk in Womens Breasts: The Leaves, Flowers, and Seed, all, or any of them, are good to expel Pensiveness and Melancholy, it helpeth to clarify the Blood and mitigate heat in Feavers. The Juyce made into a Syrup prevaieth much to all the purposes aforesaid, and is put with other cooling, opening, cleansing Herbs to open Obstructions, and help the Yellow Jaundice, and mixed with Fumitory, to cool, cleanse, and temper the Blood thereby; it helpeth the Itch, Ring-worms, and Tettors or other spreading Scabs or Sores. The Flowers candied or made into a Conserve, are helping in the former causes, but are chiefly used as a Cordial, and are good for those that are weak with long Sicknes, and to comfort the Heart and Spirits of those that are in a Consumption, or troubled with often Swoonings, or Passions of the Heart: the Distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and Inflammations of the Eyes, being washed therewith: The dried Herb is never used, but the green; yet the Ashes thereof boyled in Mead, or honyed water, is available against Inflammations and Ulcers in the Mouth or Throat, to wash and gargle it therewith. The Roots of *Bugloss* are effectual being made into a licking Electuary, for the Cough, and to condensate thick Flegm, and the Rheumatick distillations upon the Lungs.

Feavers, Pestilence, Poyson, Venomous Beasts, Milk in Nurses, Melancholly, Ill Blood, Yellow Jaundice, Itch, Ring-Worms, Tettors, Scabs, Weakness by long Sicknes, Consumption, Swooning, Inflammations, Ulcers, Sore Mouths and Throat, Cough, Flegm.

Blew-Bottle.

IT is called *Syanus*, I suppose from the colour of it ; *Hurt-Sickle*, because it turns the edge of the Sickles that reap the Corn ; *Blew-blow*, *Corn-flower*, and *Blew-bottle*.

Description.] *I shall only describe that which is commonest, and in my opinion most useful : Its Leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of Corn Scabious, amongst which riseth up a stalk divided into divers branches, beset with long Leaves of a greenish colour, either but very little indented, or not at all : The flowers are of a blue colour, from whence it took its name, consisting of an innumerable company of small flowers, set in a scaly head, not much unlike those of Knapweed : The seed is smooth, bright and shining, wrapped up in a woolly Mantle : The Root perisheth every year.*

Place.] They grow in Corn-fields, amongst all sorts of Corn (Pease, Beans, and Tares excepted) if you please to take them up from thence, and transplant them in your Garden, especially toward the full Moon, they will grow more double than they are, and many times change colour.

Time.] They flower from the beginning of May, to the end of Harvest.

Government and Vertues.] As they are naturally cold, dry and binding, so are they under the Dominion of Saturn. The Powder or dried Leaves of the

Bruises, broken Veins, Poyson, Plague, Epidemical Diseases, Wounds, Ulcers, Inflammations in the Eyes.

Blue-Bottle or Corn-flower, is given with good success to those that are bruised by a fall, or have broken a Vein inwardly, and void much blood at the Mouth : being taken in the Water of Plantane, Horstail, or the greater Comfrey, it is a Remedy against the Poyson of the Scorpion, and resisteth all Venoms and Poyson. The Seed or Leaves taken in Wine is very good against the Plague, and all infectious Diseases, and is very good in pestilential Feavers. The Juyce put into fresh or green Wounds, doth quickly soder up the lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth : The Juyce dropped into the Eyes, taketh away the heat and inflammation in them. The distilled Water of the Herb hath the same properties, and may be used for the effects aforesaid.

Brank-Ursine.

BESIDES the common Name *Brank-Ursine*, it is also called *Bears-breech*, and *Acanthus*, though I think our English Names to be more proper ; for the Greek word *Acanthos*, signifies any Thistle whatsoever.

Description.] *This Thistle shooteth forth very many large, thick, sad green smooth Leaves upon the ground, with a very thick and juicy middle Rib. The Leaves are parted with sundry deep gashes on the edge ; the Leaves remain a long time before any stalk appears, afterwards riseth up a reasonable big stalk three or four foot high, and bravely deckt with flowers from the middle of the stalk upwards for on the lower part of the stalk there is neither Branch nor Leaf ;*

the flowers are hooded and gaping, being white in colour, and ſtanding in browniſh Huſks, with a long ſmall undivided Leaf, under each Leaf: they ſeldom ſeed in our Country. Its Roots are many, great and thick, blackiſh without, and whitish within, full of a clammy ſap, a piece of them, if you ſet in the Garden, and defend them from the firſt Winters cold, will grow and flouriſh.

Place.] They are only nurſed up in Gardens in England, where they will grow very well.

Time.] In ſlowreth in June and July.

Government and Vertues.] It is an excellent Plant, under the Dominion of the Moon: I could wiſh ſuch as are ſtudioſ would labour to keep it in their Gardens. The Leaves being boyled and uſed in Clyſters are excellent good to mollifie the Belly, and make the paſſages ſlippery.

The Decoction drunk inwardly, is excellent good for the Bloody-flux. The Leaves being bruised, and rather boyled and applied like a Pultis, are exceeding good to unite broken Bones, and ſtrengthen Joynts that have been put out. The Decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good

Bloody-flux, Fractures, Dislocations, Kings-Evil, Burnings, Ruptures, Cramp, Gout, Dysury, Hectick Fever, Radical Moisture.

for the Kings-Evil that is broken and runneth; for by the influence of the Moon it reviveth the ends of the Veins which are relaxed: there is ſcarce a better Remedy to be applied to ſuch places as are burnt with Fire than this is, for it fetcheth out the Fire, and heals it without a Scar. This is an excellent Remedy for ſuch as are burſten, being either taken inwardly, or applied to the place. In like manner uſed, it helps the Cramp and the Gout. It is excellent good in Hectick Fevers, and reſtores radical Moiſture to ſuch as are in Conſumptions.

Briony, or Wild Vine.

It is called Wild Vine, and Wood Vine, Tamus, our Ladies Seal. The white is called White Vine by ſome: and the Black, Black Vine.

Description.] The common White Briony groweth ramping upon the Hedges, ſending forth many long, rough, very tender branches at the beginning, with many very rough, broad Leaves thereon, (cut for the moſt part) into five partitions, in form very like a Vine Leaf, but ſmaller, rougher, and of a whitish or hoary, green colour, ſpreading very far, ſpreading and twining with his ſmall claspers (that come forth at the Joynts with the Leaves) very far on what ſever ſtandeth next to it. At the ſeveral joynts alſo (eſpecially towards the top of the branches) cometh forth a long ſtalk bearing many whitish flowers together in a long tuſt, conſiſting of five ſmall Leaves a piece, laid open like a Star: after which come the berries, ſeparated one from another more than a Cluster of Grapes, green at the firſt, and very red when they are through ripe, of no good ſcent, but of a moſt ſomewhat taſt, provoking vomit. The Root groweth to be exceeding great, with many twines or branches growing from it, of a pale whitish colour on the out ſide, and more white within, and of a ſharp, bitter, loathſome taſt.

Place.]

Place.] It groweth on Banks, or under Hedges, through this Land : the Roots lie very deep.

Time.] It flowreth in *July* and *August*, some earlier, and some later than other.

Government and Vertues.] They are furious Martial Plants : The Root of Briony purges the Belly with great violence troubling the Stomach, and burning the Liver, and therefore not rashly to be taken ; but being corrected, 'is very

Falling-sickness, Vertigo, Flegm, Palsies, Convulsion, Cramp, Stitches, Dropsies, Gravel, Stone, Obstructions, Womb, Mother, dead Child, After-birth, Cough, Shortness of Breath, Sores, Cankers, Gangrenes, Tetters, Ring-worms, black Spots, Freckles, Morpew, Leprosie, broken bones Splinters ; Thorne, Whitlows or Nail-Wheals, or Andicoms.

profitable for the Diseases of the Head, as Falling-Sickness, Giddiness, and Swimmings, by drawing away much Flegm and Rheumatick, humours that oppress the Head. As also the Joynts and Sinews, and is therefore good for Palsies, Convulsions, Cramps, and Stiches in the Sides, and the Dropsie, and in provoking Urine, it cleanseth the Reins and Kidneys from Gravel and Stone, by opening the Obstructions of the Spleen, and consumeth the hardness and swelling thereof. The Decoction of the Root in Wine, drunk once a week at going to Bed, cleanseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of Abortion, a draught of the Root in Powder taken in White Wine, bringeth down their Courses. An Electuary made of the

Roots and Honey, doth mightily cleanse the Chest of rotten flegm, and wonderfully help an old strong Cough, those that are troubled with shortness of Breath, and is very good for them, that are bruised inwardly, to help to expel the clotted or congealed Blood. The Leaves, Fruit, and root do cleanse old and filthy Sores, are good against all fretting and running Cankers, Gangrenes and Tetters, and therefore the Berries are by some Country people called Tetter-Berries. The Root cleanseth the Skin wonderfully from all black and blew Spots, Freckles, Morpew, Leprosie, foul Scars, and other deformity whatsoever : as also all running Scabs and Manginess are healed by the powder of the dried Root, or the juyce thereof, but especially by the fine white hardned juyce. The distilled Water of the Root worketh the same effects, but more weakly. The Root bruised and applied of it self to any place where the Bones are broken, helpeth to draw them forth, as also Splinters and Thorns in the Flesh ; and being applied with a little Wine mixed therewith, breaketh Boils, and helpeth Whitlows on the Joynts.

For all these latter, beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you : You shall find in my *Translation of the London Dispensatory*, among the Preparations at the latter end, a Medicine called *Fecula Brionie*, take that and use it, you have the way there how to use it, and mix it with a little Hogs-grease, or other convenient Ointment, and it at your need.

As for the former Diseases, where it must be taken inwardly, it purgeth violently ; and needs an abler hand to correct it than most Country-people have, therefore it is a better way for them in my opinion to let the Simple alone,

take the compound Water of it, mentioned in my *Dispensatory*, and that is far more safe, being wisely correct.

Brooklime, or Water-Pimpernel.

Descript.] **T**His sendeth forth from a creeping Root that shooteth forth strings at every joynt as it runneth, divers and sundry green stalks, round and sappy, with some branches on them, somewhat broad, round, deep, green, and thick Leaves set by couples thereon: from the bosom whereof shoot forth long foot-stalks, with sundry small blew flowers on them, that consist of five small round pointed Leaves a piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler green colour.

Place.] They grow in small standing Waters, and usually near Water-creffes.

Time.] And flowers in June and July, giving Seed the next Moneth after.

Government and Vertues.] It is a hot and biting Martial Plant. Brooklime and Water-creffes are generally used together in Diet-drink, with other things serving to purge the Blood and Body from all ill humors that would destroy health, and are helpful to the Scurvy. They do also provoke Urine, and help to break the Stone, and pass it away. They procure Womens Courfes, and expel the dead Child. Being fryed with Butter and Vinegar, and applied warm, it, helpeth all manner of Tumors or Swellings, and Inflammations.

Blood purgeth ill Humors, Scurvy, Dysury, Stone, Terms provokes, Dead Child, Swellings, Inflammations.

Such Drinks ought to be made of sundry Herbs according to the Malady of sending, I shall give a plain and easie Rule at the latter end of this Book.

Butchers-Broom.

IT is called *Ruscus* and *Bruscus*, *Knee-holm*, *Knee-holly*, *Knee-hulver*, and *Pettigree*.

Description.] The first shoots that sprout from the Root of Butchers-Broom are thick, whitish, and short, somewhat like those of Asparagus, but greater: they rising up to be a foot and an half high, are spread into divers branches green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, and prickly pointed at the ends, of a dark green colour, two for the most part set at a place, very close or near together; about the middle of the Leaf on the back and lower side from the middle Rib, breaketh forth a small whitish green flower consisting of four small round pointed Leaves, standing upon little or no Foot-stalk, and in the place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard round seeds contained. The Root is thick, white and great at the head, and from thence sendeth forth divers thick, white, long tough strings.

Place.]

Place.] It groweth in Coppes, and upon Heaths and wast Grounds, and oftentimes under or near the Holly-bushes.

Time.] It shouteth forth his young Buds in the Spring, and the Berries are ripe in or about September. The branches of Leaves abiding green all the Winter.

Government and Vertues.] 'Tis a Plant of Mars, being of a gallant cleansing and opening quality. The Decoction of the Roots made with Wine, openeth Obstructions, provoketh Urine, helpeth to expel Gravel and the Stone, the Strangury, and Womens Courses, as also the yellow Jaundice, and the Head-ach: and with some Honey or Sugar put thereunto, cleanseth the Breast of Flegm, and the Chest of much clammy humours gathered therein. The Decoction of the Roots drunk, and

a Pultis made of the Berries and Leaves being applied, are effectual in knitting and consolidating broken Bones, or parts out of Joynt. The common way of using it, is to boyl the Roots of it and Parsley, and Fennel, and Smallage in white Wine, and drink the Decoction, adding the like quantity of Grasse-root to them: the more of the Roots you boyl, the stronger will the Decoction be: it works no ill effects, yet I hope you have wit enough to give the strongest Decoctions to the strongest Bodies.

Broom, and Broom-rape.

TO spend time in writing a Description hereof, is altogether needless, it being so generally used by all the good House-wives almost through the Land to sweep their Houses with, and therefore very well known to all sorts of people.

The Broom-rape springeth up on many places from the Roots of the Broom (but more often in Fields, as by Hedge-sides, and on Heaths.) The Stalk whereof is of the bigness of a finger or thumb, above two foot high, having a shew of Leaves on them, and many Flowers at the top, of a reddish yellow colour, as also the stalks and leaves are.

Place.] They grow in many places of this Land commonly, and as commonly spoil all the Land they grow in.

Time.] And flower in the Summer moneths, and give their Seed before Winter.

Government and Vertues.] The Juice or Decoction of the young branches or seed, or the powder of the seed taken in drink, purgeth downwards, draweth flegmatick and watry humours, from the Joynts, whereby it helpeth the Dropfie, Gout, Sciatica, and the pains in the Hips and Joynts; It provoketh strong Vomits, and helpeth the pains in the sides, and swellings of the Spleen, cleanseth the

the Reins or Kidneys, and Bladder of the Stone, provoketh Urine abundant, and hindreth the growing again of the Stone, in the body. The continual

of the Powder of the Leaves and Seed doth cure the
 Black Jaundice. The distilled Water of the Flowers
 is profitable for all the same purposes. It also help-
 eth Surfeits, and altereth the Fits of Agues, if three
 or four ounces thereof with as much of the water
 of the lesser Centaury, and a little Sugar put therein, be taken a little before the
 Fit cometh, and the party be laid down to sweat in his Bed. The Oyl or Wa-
 ter that is drawn from the ends of the green sticks heated in the Fire, helpeth
 the Tooth-ach. The Juyce of the young branches made into an Ointment of
 old Hogs-grease, and anointed, or the young branches bruised and heated in Oyl
 or Hogs-grease, and laid to the sides pained by Wind, as in Stitches, or the
 Spleen, easeth them in once or twice using it. The same boyled in Oyl, is the
 safest and surest Medicine to kill Lice in the Head or Body of any: and is an e-
 special Remedy for Joynt-aches, and swollen Knees that come by the falling
 down of humors.

black Jaundice, Agues,
 Tooth-ach, Wind, Stitches,
 Lice.

The Broom-rape also is not without its Vertues.

The Decoction thereof in Wine is thought to be as effectual to avoid the
 Stone in the Kidneys and Bladder, and to provoke
 Urine, as the Broom it self. The Juyce thereof is a
 singular good help to cure as well green Wounds,
 as old and filthy Sores and malignant Ulcers. The
 insolate Oyl wherein there hath been three or four Repetitions of Infusion of
 the top stalks with flowers strained and cleared, cleanseth the Skin from all man-
 ner of spots, marks, and freckles that rise either by the heat of the Sun, or the
 malignity of humours. As for the Broom and Broom-rape, Mars owns them, and
 is exceeding prejudicial to the Liver. I suppose by reason of the Antipathy be-
 tween Jupiter and Mars, therefore if the Liver be disaffected, minister none of it.

Stone, Dysury, Green
 Wounds.

Bucks-horn Plantane.

[Description.] **T**His being sown of seed riseth up at the first with small, long,
 narrow, hairy, dark green Leaves like Grass, without any
 division or gash in them; but those that follow, are gashed in on both sides the
 leaves into three or four gashes, and pointed at the ends, resembling the knags of a
 Bucks-horn (whereof it took the name) and being well grown round about the
 foot upon the ground, in order one by another, thereby resembling the form of a
 ear: from among which rise up divers hairy stalks, about a hand breadth high,
 bearing every one a small long spiky head like to those of the common Plantane,
 bearing such like bloomings and seed after them. The Root is single, long and
 small, with divers strings at it.

[Place.] They grow in sandy ground, as in Tuttle-fields by Westminster, and
 in several other places of this Land.

[Time.] They flower and seed in May, June, and July, and their green Leaves
 in a manner abide fresh all the Winter.

[Government and Vertues.] It is under the dominion of Saturn, and is of
 allant drying and binding quality. This boyled in Wine and drunk, and
 some

Venomous Beasts, Stone, Stomach, Vomiting, Bleeding, Pissing Blood, Flux, Bloody Flux, Agues, Eyes.

some of the Leaves to the hurt place, is an excellent Remedy for the biting of the Viper or Adder, which I take to be one and the same. The same being also drunk, helpeth those that are troubled with the stone in the Reins and Kidneys, by cooling the heat of the part afflicted, strengthening them: as also weak stomachs that cannot retain but cast up their meat. It stayeth all bleeding at Mouth and Nose, bloody Urine, or the bloody Flux, and stoppeth the Last of the Belly and Bowels. The leaves hereof bruised, and laid to the sides that have an Ague, suddenly easeth the Fit: and the Leaves and Roots beaten with some Bay-salt, and applied to the Wrists, worketh the same effects. The Herb boyled in Ale or Wine, and given for some mornings and evenings together stayeth the distillation of hot and sharp Rheums falling into the Eyes from the Head, and helpeth all Sorts of sore Eyes.

Bucks-horn.

IT is called also Harts-horn, *Herba stella*, and *Herba stellaria*, *Sanguinaria*, Herb-eve, and Herb-Ivy, and Wort-cresses, and Swines-cresses.

Descrip.] They have many small and weak stragling branches trailing here and there upon the ground: the Leaves are many, small, and jagged, not much unlike to those of Bucks-horn Plantane, but much smaller, and not so hairy. The flowers grow amongst the leaves in small, rough, whitish clusters; the seeds are small and brownish, of a hotter taste.

Place.] They grow in dry, barren and sandy Grounds.

Time.] They flower and seed when the rest of the Plantanes do.

Government and Vertues.] This is also under the Dominion of Saturn, the Vertues are held to be the same of Bucks-horn Plantane, and therefore by some Authors, it is joyned with it: but besides those, it is most certainly found out, That the leaves bruised and applied to the place, stop bleeding; the Herb bruised, and applied to Warts, will make them consume and wax away in a short time.

Bugle.

Besides the name Bugle, it is called Middle-Confound, and Middle-Comfrey, brown Bugle, and of some Sicklewort, and Herb-carpenter, though in English we call another Herb by that name.

Description.] This hath larger Leaves than those of the Self-heal, but of the same Fashion, or rather a little longer; in some green on the upper-side, in others more brownish, dented about the edges, somewhat hairy, as the stalk is also, which riseth up to be half a yard high sometimes, with the Leaves set by couples: from the middle almost whereof upwards stand the Flowers together, with many smaller and browner Leaves than the rest, on this stalk, low, set at distances, and the stalk bare between them, among which Flowers

are also small ones of a blewish, and sometimes of an Ash-colour, fashioned like the flowers of the Ground-Ivy, after which come small, round, blackish seed. The Root is composed of many strings, and spreadeth upon the ground in divers parts round about.

The White flowred Bugle differeth not in form or greatnes from the former, saving that the leaves and stalks are always green, and never brown like the other, and the flowers thereof are white.

Place.] They grow in Woods and Copfes, and Fields generally throughout England: but the white flowred Bugle is not so plentiful as the former.

Time.] They flower from May until July, and in the mean time perfect their seed. The Roots and Leaves next thereunto upon the ground abiding all Winter.

Government and Vertues.] This Herb belonging to Dame Venus, if the Vertues of it make you in love with it (as they will if you be wise) keep a Syrup of it to take inwardly, and an Ointment and Plaister of it to use outwardly always by you.

The Decoction of the Leaves and Flowers made in Wine and taken, dissolveth the congealed Blood in those that are bruised inwardly by a Fall or otherwise, and is very effectual for any inward Wounds, Thrusts or Stabs in the Body or Bowels; and is an especial help in all Wound-drinks, and for those that are Liver-grown (as they call it.) It is wonderful in Curing all manner of Ulcers and Sores whether new and fresh, or old and inveterate, yea, Gangrenes and Fistulaes also, if the Leaves bruised and applied, or their Juice used to wash and bath the places. And the same made into a Lotion with some Honey and Allum, cureth all Sores in the Mouth and Gums, be they never so foul, or of long continuance; and worketh no less powerfully and effectually for such Ulcers and Sores as happen in the Secret Parts of Men and Women. Being also taken inwardly, or outwardly applied, it helpeth those that have broken any Bone, or have any Member out of Joynt. An Ointment made with the Leaves of Bugle, Scabious and Sanicle bruised and boyled in Hogs-grease, until the Herbs be dry, and then strained forth into a Pot, for such occasions as shall require it, is so singular good for all sorts of hurts in the Body, that none that knew its usefulness will be without it.

Bruises, Falls, Wounds, Scabs, Ulcers, Liver-grown Gangrenes, Fistulaes, Sore Mouths, Gums, Sore in the Secrets, broken Bones.

The truth is, I have known this Herb Cure some Diseases of Saturn, of which I thought good to quote one. Many times such as give themselves much to drinking, are troubled with strange Fancies, strange Sights in the Night-time, and some with Voices, as also with the Disease *Ephialtes* for the Mare, I take the Reason of this to be (according to *Fernelius*) a melancholy Vapour made thin by excessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds Imaginations, like it self, viz. fearful and troublesome. These I have known cured by taking only two spoonfuls of the Syrup of this herb after supper two hours, when you go to bed. But whether this do it by Sympathy or Antipathy is some question: all that know any thing

Mares, strange sights in the Night.

in Astrology, know that there is a great Antipathy between *Saturn* and *Venus* in matter of Procreation, yea, such an one, that the Barrenness of *Saturn* can be removed by none but *Venus*; nor, the lust of *Venus* be repelled by none but *Saturn*; but I am not of opinion this is done this way, and my reason is, Because these Vapours, though in quality Melancholy, yet by their flying upward, seem to be something Aerial; therefore I rather think it is done by sympathy, *Saturn* being exalted in *Libra* in the house of *Venus*.

Burnet.

IT is also called *Sanguisorba*, *Pimpinella*, *Bipula*, *Solbastrella*, &c. The Common-Garden Burnet is so well known, that it needeth no Description. There is another sort which is wild, the Description whereof take as followeth.

Descript.] The great wild Burnet hath winged Leaves rising from the Root like the Garden Burnet but not so many, yet each of these Leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the under-side: the stalks are greater, and rise higher, with many such like Leaves set thereon, and greater heads at the top of a brownish colour, and out of them come small, dark, purple flowers, like the former, but greater. The Root is black and long like the other, but greater also: It hath almost neither scent nor taste therein, like the Garden kind.

Place.] The first grows frequently in Gardens. The wild kind groweth in divers Countries in this Land, especially in *Huntington* and *Northampton-Shires* in the Meadows there: as also near *London* by *Panchras-Church*, and by a *Cassey-side*, in the middle of a Field by *Paddington*.

Time.] They flower about the end of *June* and beginning of *July*, and the Seed is ripe in *August*.

Government and Vertues.] This is an Herb the Sun challengeth Dominion over, and is a most precious Herb, little inferiour to Betony: The continual use of it preserves the Body in health, and the Spirits in vigor: for if the Sun be the Preserver of Life under God, his Herbs are the best in the World to do it by. They are accounted to be both of one property, but the lesser is more effectual

Heart, Liver, Melancholy,
Pestilence, Epidemical
Diseases, Bleeding, Stop-
peth Terms and Whites,
Belching, Vomiting,
Wounds, Ulcers, Cankers,
Sores, Fluxes.

because quicker, and more Aromatical: It is a friend to the Heart, Liver, and other the principal parts of a Mans Body. Two or three of the stalks with the Leaves put into a Cup of Wine, especially Claret, are known to quicken the Spirits, refresh and cleanse the Heart, and drive away Melancholy: It is a special help to defend the Heart from noisome vapours, and from infection of the Pestilence, the Juice thereof being taken in some drink, and the party laid to sweat thereupon. They have also a drying and an astringent quality, whereby they are available in all manner of Fluxes of Blood or humours to stanch Bleedings inward or outward, Lasks, Scourings, the Bloody-flux, Womens too abundant flow of Courtesies, the Whites and the cholerick Belchings and Castings of the Stomachs; and is a singular Wound Herb for all sorts of Wounds both of the

Head and Body, either inward or outward: for all old Ulcers or running Cankers, and moist Sores, to be used either by the Juyce, or Decoction of the Herb, or by the Powder of the Herb or Root, or the Water of the distilled Herb, or Ointment by it self, or with other things to be kept. The Seed is also no less effectual both to stop Fluxes, and dry up moist Sores, being taken in Powder inwardly in Wine, or Steeled Water, that is, wherein hot Gads of Steel have been quenched, or the Powder or the Seed mixed with the Ointments.

The Butter-Bur, or Petasitis.

Descrip.] **T**His riseth up in February, with a thick stalk about a foot high, whereon are set a few small Leaves, or rather pieces, and at the tops, a long spiked head of flowers, of a bluish or deep red colour, according to the Soil wherein it groweth: and before the stalk with the flowers have abiden a month above ground, it will be withered and gone, blown away with the Wind: and the Leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin, and almost round, whose thick red foot stalks, about a foot long, stand toward the middle of the Leaves. The Lower part being divided into two round parts, close almost to one another, and are of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant tast.

Place and Time.] They grow in low and wet Grounds by Rivers and Watersides. Their flowers (as is said) rising and decaying in February and March, before the Leaves, which appear in April.

Government and Vertues.] It is under the Dominion of the Sun, and therefore is a great strengthner of the Heart, and cheerer of the Vital Spirits. The Roots hereof are by long Experience found to be very available against the Plague, and pestilential Feavers, provoking Sweat: if the Powder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in Wine, is singular good for those that wheeze much, or are short winded. It provoketh Urine also, and Womens Courses, and killeth the flat and broad Worms in the Belly. The Powder of the Root doth wonderfully help to dry up the moisture of Sores that are hard to be cured, and taketh away all spots and blemishes of the Skin. It were well if Gentlewomen would keep this Root preserved to help their poor Neighbours. *It is fit the Rich should help the Poor, for the Poor cannot help themselves.*

Plague, Epidemical Diseases, Poyson, Mother, Wheezing, difficulty of Breathing, Dysury, Terms provokes, flat and broad Worms, Blemishes, of the Skin.

The Bur-Dock.

They are also called *Personara Bardana*, and *Lappa Major*, great Bur-Dock, and Clot-bur. It is so well known, even to the little Boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any Description of it.

Place.] They grow plentifully by Ditches, and Water-sides, and by the Highways, almost every where through this Land.

Government and Vertues.] *Venus* challengeth this Herb for her own, and by its Leaf or Seed, you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it falls out; or downwards in fits of the Mother, by applying it to the Soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my *Guide for Women*.

Cools, Dries, Ulcers, Sores, Flegm, Sinews, Arteries, Venemous Beasts, Mad-Dogs, Dysury, Bladder, Sciatica, Burning, Sores, Cankers, Consumption, Stone, Flux.

The Bur Leaves are cooling, moderately drying, and discussing withal, whereby it is good for old Ulcers and Sores. A dram of the Root taken with Pine Kernels helpeth them that spit Foul, Mattery and bloody Flegm. The Leaves applied on the places troubled with the shrinking of the Sinews or Arteries, give much ease. The Juyce of the Leaves, or rather the Roots themselves given to drink with old Wine, doth wonderfully help the bitings of any Serpents: And the Root beaten with a little Salt, and laid on the place, suddenly easeth the pain thereof, & helpeth those that are bit with a Mad-Dog. The Juyce of the Leaves taken with Honey, provoketh Urine, and remedieth the pain of the Bladder. The Seed being drunk in Wine forty days together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to any place burnt with Fire, taketh out the Fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting sore or Canker, stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs-grease, Nitre and Vinegar boyled together. The Roots may be preserved with Sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the Stone, and the Lask. The Seed is much commended to break the Stone, and causes it to be expelled by Urine, and is often used with other Seeds, and things to that purpose.

Cabbages and Coleworts.

I Shall spare a labour in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowledge, they being generally so well known, that descriptions are altogether needless.

Place.] These are generally planted in Gardens.

Time.] Their flowering time is towards the middle or end of *July*, and the Seed is ripe in *August*.

Government and Vertues.] The Cabbages or Coleworts boyled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The Juyce thereof drunk in Wine, helpeth those that are bitten by an Adder, and the Decoction of the Flowers bringeth down Womens Courses.

Being taken with Honey, it recovereth Hoarseness or loss of the Voice. The often eating of them well boyled, helpeth those that are entring

entring into a Consumption. The Pulp of the middle Ribs of Coleworts boyled in Almond-milk, and made up into an Electuary with Honey, being taken often, is very profitable for those that are purlie and short Winded. Being boyled twice, and an old Cock boyled in the Broth, and drunk, it helpeth the pains and the obstructions of the Liver and Spleen, and the Stone in the Kidneys. The Juyce boyled with Honey, and dropped in the corner of the Eye cleareth the sight by consuming any Film or Cloud beginning to dim it; it also consumeth the Canker growing therein. They are much commended being eaten before Meat to keep one from Surfeiting, as also from being drunk with too much Wine, or quickly make a man sober again that is drunk before. For, (as they say) There is such an Antipathy or enmity between the Vine and the Colewort, that the one will die where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of swoln and gouty Legs and Knees, wherein many gross and watry humours are fallen, the place being bathed therewith warm. It helpeth also old and filthy Sores being bathed therewith and healeth all small Scabs, Pufhes and Wheals that break out in the Skin. The Ashes of Colewort-stalks mixed with old Hogs-grease, are very effectual to anoint the Sides of those that have had long pains therein, or any other place pained with Melancholy and windy Humours. This was surely *Chrysippus* his God, and therefore he wrote a whole Volume of them and their Vertues, and that none of the least neither, for he would be no small Fool, he appropriates them to every part of the Body, and to every Disease in every part: And honest old *Cato* (they say) used no other Physick. I know not what Metals their Bodies were made of; this I am sure, Cabbages are extream windy, whether you take them as Meat or as Medicine, yea, as windy Meat as can be eaten, unless you eat Bag-pipes or Bellows, and they are but seldom eaten in our days, and Colewort-flowers are something more tolerable, and the wholesomer Food of the two. The *Morn* challengeth the Dominion of the Herb.

Consumption, Obstructions, Stone, Sight, Canker, Surfeits, Swellings, Gout, Sores, Scabs, Wheals, Melancholy, Wind.

The Sea Colewort.

Descript.] **T**his hath divers somewhat long and broad, large, thick, wrinckled Leaves, somewhat crumpled upon the edges, growing each upon a several thick foot-stalk very brittle, of a grayish green colour, from among which riseth up a strong thick stalk two foot high and better, with some Leaves thereon to the top, where it branches forth much; and on every Branch standeth a large Bush of pale whitish flowers, consisting of four Leaves a piece: The Root is somewhat great, and shooteth forth many branches under ground, keeping the green Leaves all the Winter.

Place.] They grow in many places upon the Sea-coasts, as well on the Kentish as Essex shores; as at Lid in Kent, Colchester in Essex, and divers other places, and in other Countries of this Land.

Time.] They flower and seed about the time that other kinds do.

Government and Vertues.] The Moon claims the Dominion of these also. The Broth or first Decoction of the Sea Colewort, doth by the sharp, nitrious, and bitter qualities therein, open the Belly, and purge the Body, it cleanseth and digesteth more powerfully than the other kind: The Seed hereof bruised and drunk, killeth Worms. The Leaves or the Juycce of them applied to Sores or Ulcers cleanseth and healeth them, and dissolveth Swellings and taketh away Inflammations.

Calamint, or Mountain-Mint.

Description.] **T**his is a small herb, seldom rising above a foot high, with square, hoary, and woody stalks, and two small hoary Leaves set at a joynt, about the bigness of Marjoram, or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whole herb is; The Flowers stand at several spaces of the stalks, from the middle almost upwards, which are small and gaping like to those of Mints, and of a pale bluish colour: after which follow small, round, blackish seeds. The Root is small and woody, with divers small sprigs spreading within the ground. and dieth not, but abideth many years.

Place.] It groweth on Heaths, and upland dry grounds, in many places of this Land.

Time.] They flower in July, and their Seed is ripe quickly after.

Government and Vertues.] It is an Herb of Mercury, and a strong one too, therefore excellent good in all afflictions of the Brain, the Decoction of the Herb being drunk, bringeth down Womens Courfes, and provoketh Urine. It is profitable for those that are bursten, or troubled with Conyulsions or Cramps, with shortness of Breath, or Cholerick torments and pains in their Bellies or Stomachs. It also helpeth the yellow Jaundice, and stayeth Vomiting, being taken in Wine: taken with Salt and Honey, it killeth all manner of Worms in the Body. It helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied. It hindereth Conception in Women. But

Terms provokes, Dysury, Ruptures, Convulsions, Cramps, shortness of Breath, Jaundice, Vomiting, Worms, Leprosie, Serpents, black and blue Marks, Scars, Sciatica, Obstruction of the Liver and Spleen, Tertian Agues,

either burned or strewed in the Chamber, it driveth away venomous Serpents. It takes away black and blue marks in the Face, and maketh black Scars become well coloured, if the green Herb (not the dry) be boyled in Wine, and laid to the Place, or the Place washed therewith. Being applied to the Hucklebone, by continuance of time it spendeth the humors which cause the pain of the Sciatica. The Juycce being dropped into the Ears, killeth the Worms in them. The Leaves boyled in Wine, and drunk, provoke Sweat, and open Obstructions of the Liver and Spleen. It helpeth them that have a Tertian Ague (the Body being first purged) by taking away the cold Fits. The Decoction hereof with some Sugar put thereto afterwards, is very profitable for those that be troubled with the

over-

over-flowing of the Gall, and that have an old Cough, and that are scarce able to Breath by shortness of their Wind. That have any cold distemper in their Bowels, and are troubled with the hardness of the Spleen, for all which purposes, both the Powder called *Diacalamintnes*, and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are most effectual. Let not Women be too busie with it, for it works very violent upon the Feminine part.

Gall, Cough, Bowels, Spleen.

Chamomel.

IT is so well known every where, that it is but lost time and labour to describe it. The Vertues thereof are as followeth:

A Decoction made of Chamomel, and drunk, taketh away all Pains and Stitches in the Sides. The Flowers of Chamomel beaten, and made up into Balls with Oyl, drive away all sorts of Agues, if the party grieved be anointed with that Oyl taken from the Flowers, from the Crown of the Head to the Sole of the Foot, and afterward laid to sweat in the Bed, and that he sweat well. This is *Nichessor* an *Aegyptian's* Medicine. It is profitable for all sorts of Agues that come either from Flegm or Melancholy, or from an Inflammation of the Bowels, being applied when the humors causing them shall be concocted; and there is nothing more profitable to the Sides and Region of the Liver and Spleen than it. The bathing with a Decoction of Chamomel, taketh away Weariness, easeth pains to what part of the Body soever they be applied. It comforteth the Sinews that are over-strained, mollifieth all Swellings: it moderately comforteth all parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderful speedy property. It easeth all the pains of the Colick and Stone, and all pains and torments of the Belly, and gently provoketh Urine. The Flowers boyled in Posset-drink provoke Sweat, and help to expel Cold, Aches and Pains whatsoever, and is an excellent help to bring down Womens Courses. A Syrup made of the Juyce of Chamomel with the Flowers and white Wine, is a Remedy against the Jaundice and Dropsie. The Flowers boyled in the Lye, are good to wash the Head, and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel, is much used against all hard Swellings, Pains or Aches, shrinking of the Sinews, or Cramps. or pains of the Joynts, or any other part of the Body. Being used in Clysters, it helps to dissolve Wind and pains in the Belly; anointed also, it helpeth stitches and pains in the Sides.

Stitches in the Side, Agues, Liver, Spleen, Weariness, Sinews, Swellings, Colick, Stone, Belly-ach, Cold, Ach, Jaundice, Dropsie, Brain, Cramp, Stitch in the Side.

Nichessor saith, The *Aegyptians* dedicate it to the Sun, because it cured Agues; and they were like enough to do it, for they were the arrentest Apes in their Religion as ever I read of. *Bacchinus*, *Pena*, and *Lobol* commend the Syrup made of the Juyce of it and Sugar taken inwardly, to be excellent for the Spleen. Also this is certain, That it most wonderfully breaks the Stone: some

take it in Syrup or Decoction, others inject the Juyce of it into the Bladder with a Syringe : my opinion is, That the Salt of it taken half a dram in the morning in a little White or Rhenish Wine, is better than either, that it is excellent for the Stone, appears in this, which I have seen tryed, viz. That a Stone that hath been taken out of the Body of a Man being wrapped in Camomil, will in time dissolve, and in a little time too.

Water-Caltrops.

They are called also, *Tribulus Aquaticus*, *Tribulus Lacustris*, and *Tribulus Marinus*, *Caltrops*, *Saligot*, *Water-Nuts*, and *Water-Chestnuts*.

Descript.] As for the greater sort, or Water-Caltrop, it is not found here, or very rarely. Two other sorts there are, which I shall here describe. The first hath a long, creeping and joynted Root, sending forth tufts at each joynt, from which joynts arise long, flat, slender, knotted stalks, even to the top of the water, divided towards the top into many branches, each carrying two Leaves on both sides, being about two inches long, and half an inch broad, thin, and almost transparent, they look as though they were torn, the flowers are long, thick and whitish, set together almost like a bunch of Grapes, which being gone, there succeed for the most part, four sharp pointed grains altogether, containing a small white Kernel in them.

The second differs not much from this, save that it delights in more clear water ; its stalks are not flat, but round ; its Leaves are not so long, but more pointed : as for the place we need not determine, for their name sheweth they grow in the water.

Goverment and Vertues.] They are under the Dominion of the Moon, and being made into a Pultis, are excellent good for hot Inflammations and Swellings, Cankers, sore Mouths and Throats, being washed with the Decoction, it cleanseth and strengtheneth the Neck and Throat much, and helps those Swellings, which when people have, they say, the Almonds of the Ears are fallen down ; it is excellent good for the rankness of the Gums, a safe and present Remedy for the Kings-Evil ; they are excellent good for the Stone and Gravel, especially the Nuts being dried ; they also resist Poyson, and bitings of venomous Beasts.

the Gums, a safe and present Remedy for the Kings-Evil ; they are excellent good for the Stone and Gravel, especially the Nuts being dried ; they also resist Poyson, and bitings of venomous Beasts.

Campions Wild.

Descript.] **T**he wild white Campion hath many long, and somewhat broad dark green Leaves lying upon the ground, with divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long : The hairy stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white joynts at several places thereon, and two such like Leaves thereat up to the top, sending forth branches at several joynts also ; all which bear on several foot-stalks white flowers at the tops of them, consisting of five broad pointed Leaves, every one cut in on the end in

to the middle, making them seem to be two a piece, smelling somewhat sweet, and each of them standing in large green striped hairy Husks, large and round below next to the stalk : The seed is small and grayish in the hard Heads that come up afterwards. The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner as the white, but his Leaves are not so plainly ribbed, somewhat skorter, rounder, and more woolly in handling. The Flowers are of the same form and bigness ; but in some of a pale, in others of a bright red colour, cut in at the ends more finely, which make the Leaves seem more in number than the other. The Seed and the Roots are alike, The Roots of both sorts abiding many years.

There are forty five kinds of Campions more, those of them which are of Physicall uses having the like vertues with these above described, which I take to be the two chiefeſt kinds.

Place.] They grow commonly through this Land by Fields, and Hedg-sides, and Ditches.

Time.] They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues.] They belong unto Saturn, and it is found by experience that the Decoction of the Herb, either in White or Red being drunk, doth stay inward Bleeding ; and applied outwardly it doth the like : and being drunk, helpeth to expel the Urine being stopt, and Gravel and Stone in the Reins or Kidneys. Two drams of the seed drunk in Wine, purgeth the Body of Cholerick humors, and helpeth those that are stung by Scorpions, or other venomous Beasts ; and may be as effectual for the Plague : It is of a very good use in old Sores, Ulcers, Cankers, Fistulaes, and the like, to cleanse and heal them, by consuming the moist humors falling into them, and correcting the putrification of humors offending them.

Bleeding inward and outward, Dysury, Gravel, Choler, venomous Beasts, Plague, Sores, Ulcers, Cankers, Fistulaes.

Carduus Benedictus.

IT is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle ; I suppose the Name was put upon it by some that had little holiness in themselves.

I shall spare a labour in writing a Description of this, sith almost every one that can but write at all, may describe them for his owir knowledge.

Place.] It groweth plentifully in Gardens.

Time.] They flower in August, and seed not long after.

Government and Vertues.] It is an Herb of Mars, and under the Sign Aries. Now in handling this Herb, I shall give you a Rational Pattern of all the rest ; and if you please to view them throughout the Book, you shall, to your content, find it true. It helps Vertigo, Yellow Jaundice, swimings and giddiness of the Head, or the Disease called Vertigo, because Aries is the House of Mars. It is an excellent Remedy against the Yellow Jaundice, and other Infirmities of the Gall, because

Attractive faculty, Tetters, Ring-worms, Plague-sores, Boyls, Itch, Mad-Dogs, Venomous Beasts, French-Pox, strengthens Memory, Deafness, Quartan-Agues adust Choler, Urine.

Mars governs Choler. It strengthens the Attractive Faculty in Man, and clarifies the Blood, because the one is ruled by *Mars*. The continual drinking the Decoction of it helps red Faces, Tetters, and Ring-worms, because *Mars* causerth them. It helps Plague-sores, Boyls and Itch, the Bitings of Mad-Dogs and venomous Beasts, all which Infirmities are under *Mars*; Thus you see what it doth by Sympathy.

By Antipathy to other Planets, It cures the French-Pox, by Antipathy to *Venus* who governs it. It strengthens the Memory, and cures Deafness by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the Head. It cures Quartan Agues, and other Diseases of Melancholy and adust Choler, by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Also it provokes Urine, the stopping of which is usually caused by *Mars*, or the *Moon*.

Carrets.

Garden Carrets are so well known that they need no Description; but because they are of less Physical use than the wild kind (as indeed almost in all Herbs, the Wild are most effectual in Physick, as being more powerful in Operation than the Garden kinds.) I shall therefore briefly describe the wild Carret.

Descript.] *It groweth in a manner altogether like the Tame, but that the leaves and stalks are somewhat whiter and rougher: The stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted together when the seed begins to ripen, that the middle part being hollow and low, and the outward stalks rising high, maketh the whole umble to skew like a Birds nest. The Root is small, long and hard, unfit for meat, being somewhat sharp and strong.*

Place.] The Wild kind groweth in divers parts of this Land plentifully by the Fields-sides, and untilled places.

Time.] They flower and seed in the end of Summer.

Government and Vertues.] Wild Carrets belong to *Mercury*, and therefore break Wind, and remove Stitches in the Sides, provoke Urine, and Womens Courfes, and helpeth to break and expel the Stone: The Seed also of the same worketh the like effect, and is good for the Dropfie, and those whose Bellies are swollen with Wind; helperth the Colick, the Stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boyled iu Wine and taken, it helperth Conception. The Leaves being applied with Honey to running Sores or Ulcers, do cleanse them.

I suppose the Seeds of them perform this better than the Roots; And though *Galen* commend Garden Carrots highly, to break wind; yet experience teacheth that they breed it first, and we may thank Nature for expelling it, not they: The Seeds of them expel wind indeed, and so mend what the Root marreth.

Caraway,

Caraway.

Descript.] **I**T beareth divers stalks of fine cut Leaves lying upon the ground, somewhat like to the Leaves of Carrets, but not bushing so thick, of a little quick tast in them, from among which riseth up a square stalk, not so high as the Carret, at whose joynts are set the like Leaves, but smaller and fitter, and at the top small open tufts or umbles of white flowers, which turn into small blackish seed, smaller than the Annis-seed, and of a quicker and hotter tast. The Root is whitish, small and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick tast, and stronger than the Parsnip, and abideth after Seed-time.

Place.] It is usually sown with us in Gardens.

Time.] They flower in June and July, and seed quickly after.

Government and Vertues.] This is also a Mercurial Plant. Caraway-seed hath a moderate sharp quality, whereby it breaketh Wind, and provoketh Urine, which also the Herb *Wind, Dysury, Indigestion, Head, Stomach, Bowels, Mother, black and blue Spots, Bruises, Colick.* doth. The Root is better food than the Parsnip, and is pleasant and comfortable to the Stomach, helpeth Digestion. The Seed is conducing to all the cold griefs of the Head and Stomach, the Bowels, or Mother, as also the wind in them, and helpeth to sharpen the Eye-sight. The Powder of the Seed put into a Pultis, taketh away black and blew spots of Blows and Bruises. The Herb it self, or with some of the Seed bruised and fryed, laid hot in a bag or double cloath, to the lower parts of the Bell, easeth the pains of the Wind-Colick.

The Roots of Caraways eaten as Men eat Parsnips, strengthen the Stomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every Garden.

Caraway Confects, once only dipped in Sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable Remedy for those that are troubled with Wind.

Celandine.

Descript.] **T**HIS hath divers tender, round, whitish, green Stalks, with greater Joynts than ordinary in other Herbs, as it were Knees, very brittle and easie to break, from whence grow Branches with large, tender, long, Leaves, much divided into many parts, each of them cut in on the edge, set at the Joynts on both sides of the Branches, of a dark blewish green colour, on the upper-side like Columbines, and of a more pale blewish green underneath, full of a yellow Sap, when any part is broken, of a bitter tast, and strong scent. At the tops of the Branches which are much divided, grow Gold yellow Flowers of four Leaves a piece, after which come small long Pods, with blackish seeds therein. The Root is somewhat great at the head, shooting forth divers long Roots, and small Strings, reddish on the out-side, and yellow within, full of a yellow sap therein. Place.]

Place.] It groweth in many places by old Walls, by the Hedges and Way-sides in untilld places ; and being once planted in a Garden, especially in some shady places, it will remain there.

Time.] They flower all the Summer long, and the seed ripeneth in the meantime.

Government and Vertues.] This is an Herb of the *Sun*, and under the Constellation *Lyon*, and is one of the best Cures for the Eyes that is. All that know any thing in Astrology, know as well as I can tell them, That the Eyes are subject to the Luminaries ; let it then be gathered when the *Sun* is in *Leo*, and the *Moon* in *Aries*, applying to his Trine : let *Leo* arise, then may you make it into an Oyl or Ointment which you please, to anoint your sore Eyes withal : I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperate sore Eyes have been cured by this only Medicine. And then, I pray, Is not this far better than endangering the Eyes by the Amity of the Needle ? For if this do not absolutely take away the Film, it will so facilitate the work, that may be done without danger. The Herb or Roots boiled

Obstructions of the Liver and Gall, Yellow Jaundice, Dropsie, Pestilence, Eyes, Ulcers, Tettors, Ring-worms, Cancers, Warts, Belly, Bowels, Mother, Worms, Term stops, Tooth-ach, Itch, Beauty lost.

ed in white Wine and drunk, a few Anniseeds being added therewith, openeth Obstructions of the Liver and Gall, helpeth the Yellow Jaundice, ; and often using it, helps the Dropsie and the Itch, and those that have old Sores in their Legs, or other parts of the Body. The Juyce thereof taken fasting, is held to be of singular good use against the Pestilence. The distilled Water with a little Sugar, and a little good Treacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the same effect. The Juyce dropped into the Eyes cleanseth them from Films and Cloudiness which darken the sight, but it is best to allay the sharpness of the Juyce with a little Breast-Milk : It is good in old filthy, corroding, creeping Ulcers wheresoever, to stay their malignity of fretting and running, and to cause them to heal more speedily : The juyce often applied to Tettors, Ring-worms or other such like spreading Cankers, will quickly heal them, and rubbed upon Warts, will take them away. The Herb with the Roots bruised and heated with Oyl of Chamomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother : and applied to Womens Breasts, stayeth the over-much flowing of their Courses. The Juyce or Decoction of the Herb gargled between the Teeth that ache, easeth the pain, and the Powder of the dried Root laid upon an aking, hollow or loose Tooth, will cause it to fall out. The Juyce mixed with some Powder of Brimstone, is not only good against the Itch, but taketh away all discolourings of the Skin whatsoever : and if it chance that in a tender Body it causeth any Itching or Inflammations, by bathing the place with a little Vinegar it is helped.

Another ill-favour'd trick have Physitians got to use to the Eye, and that is worse than the Needle ; which is, To eat away Films by corroding or gnawing Medicines. This I absolutely protest against.

Way. 1. Because the Tunicles of the Eye are very thin, and therefore soon eaten a-
funder.

2. The *Callus* or Film that they would eat away, is seldom of an equal thick-
ness in every place, and then the Tunicle may be eaten afunder in one place, be-
fore the Film be consumed in another, and so be a readier way to extinguish the
light, than to restore it.

It is called *Chelidonium* from the Greek Word *χελιδών*, which signifies a Swal-
low, because they say, That if you pick out the Eyes of young Swallows when they
are in the Nest, the old ones will recover their Eyes again with this Herb. This
I am confident, for I have tried it, That if you mar the very Apple of their
Eyes with a Needle, they shall recover them again, but whether with this Herb
I know not I know not.

I can Also I have read (and it seems to me somewhat probable) That the Herb be-
having gathered as I shewed before, and the Elements drawn apart from it by the
Art of the Alchymist, and after they are drawn apart, rectified, the earthy qua-
lity, still in rectifying them, added to the *Terra damnata*, (as Alchymists call it)
or *Terra sacratissima* (as some Philosophers call it.) The Elements so recti-
fied are sufficient for the Cure of all Diseases, the humor offending being known,
and the contrary Element given: It is an experience worth the trying, and can
do no harm.

The lesser Celandine, usually known by the name of Pile-
wort, and Figwort.

Wonder what ailed the Ancients to give this Name of *Celandine*, which re-
sembles it neither in nature nor form: It acquired the name of *Pilewort*
from its Vertues, and it being no great matter where I set it down, so I set it
down at all, I humour'd Dr. Tradition so much as to set it down here.

[Descript.] This Celandine then, or Pilewort (which you please) doth spread
many round pale green Leaves, set on weak and trailing branches, which lie upon
the ground, and are flat, smooth and somewhat shining, and in some places (though
seldom) marked with black spots, each standing on a long foot-stalk, among which
rise small yellow flowers, consisting of nine or ten small narrow Leaves, upon sten-
der foot-stalks very like unto a Crows-foot, whereunto the seed also is not unlike,
being many small ones set together upon a head. The Root is made of many small
Kernels like a grain of Corn, some twice as long as others, of a whitish colour,
with some fibres at the end of them.

[Place.] It groweth for the most part in moist corners of Fields, and places
that are near Water-sides, yet will abide in dryer grounds, if they be but a lit-
tle shadowed.

[Time.] It flowereth betimes about March or April, is quite gone in May, so
it cannot be found till it spring again.

[Government and Vertues.] It is under the Dominion of Mars: and behold
here another Verification of that Learning of the Ancients, viz. That the Ver-
tue of an Herb may be known by its signature, as plainly appears in this; for if
you dig up the Root of it, you shall perceive the perfect Image of that Disease
which

which they commonly call the Piles. It is certain by good experience, That Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as also Kerneles the Ears and Throat, called the Kings-Evil, or other hard Wens or Tumors.

Here's another Secret for my Countrey-Men and Women, a couple of the together : Pilewort made into an Oyl, Ointment, or Plaister readily cures the Piles or Hemorrhoids, and the Kings-Evil : The very Herb born about the Body next the Skin, helps in such Diseases, though it never touch the person : let poor people make much of it for these uses, with this I cured my own Daughter of the Kings-Evil, broke the Sore, drew out a quarter of a Pin Corruption, cured it without any Scar at all, and in one Weeks time.

The Ordinary small Centaury.

Defcription.] **T**His groweth up most usually but with one round and somewhat crested stalk, about a foot high, or better, branching forth the top into many strings, and some also from the joints of the stalks below : The flowers that stand at the tops as it were in one umbel or tuft, are of a pale yellow tending to a carnation colour, consisting of five, sometimes six small Leaves, like those of St. John's wort, opening themselves in the day time, and closing at night, after which come seed in little short Husks, in form like unto Wheat-Corn. The Leaves are small and somewhat round, The Root small and hard, perishing every year. The whole Plant is of an exceeding bitter tast.

There is another sort in all things like the former, save only it beareth white Flowers.

Place.] They grow ordinarily in Fields, Pastures and Woods ; but that is the white Flowers, not so frequently as the other.

Time.] They flower in July, or thereabouts, and seed within a Month after.

Government and Vertues.] They are all under the Dominion of the Sun, appears, in that their flowers open and shut as the Sun either sheweth or hides his face. This Herb boyled and drunk, purges Choleric and gross Humors, and helpeth the Sciatica : it openeth Obstructions of the Liver, Gall, Spleen, helping the Jaundice, and easing the pain in the Sides, and hardness of the Spleen, used outwardly, and is given with very good effect in Agues. It helpeth those that have the Dropsie, or the Green Sicknes, being much used by the *Italians* in Powder for that purpose. It killeth the Worms in the Belly, as is found by experience. The Decoction of (*viz.*) the tops of the stalks with the Leaves and Flowers, is good against the Colick, and to bring down Womens Courfes, helpeth to avoid the De-

Bird

th, and easeth pains of the Mother, and is very
actual in all old pains of the Joynts, as the Gout,
umps, or Convulsions. A dram of the Powder
ereof taken in Wine, is a wonderful good help a-
inst the Biting and Poyson of an Adder. The
yce of the Herb with a little Honey put to it, is
od to clear the Eyes, from dimness, milts, and clouds

at offend or hinder the Sight: It is singular good both for green and fresh
ounds, as also for old Ulcers and Sores, to close up the one, and cleanse the
er, and perfectly to Cure them both, although they be hollow or Fistulous:
green Herb especially being bruised, and laid thereto. The Decoction there-
ropped into the Ears cleanseth them from Worms, cleanseth the foul Ulcers,
d spreading Scabs of the Head, and taketh away all Freckles, Spots and Marks
the Skin, being washed therewith; The Herb is so safe you cannot fail in the
ng of it, only giving it inwardly for inward Diseases: use it outwardly for
ward Diseases: 'Tis very wholesome, but not toothsome.

There is besides these another small Centaury, which beareth a yellow Flower,
all other respects it is like the former, save that the Leaves are bigger and of
arker green, and the stalk passeth through the midst of them, as it doth in
Herb *Thorowax*. They are all of them, as I told you, under the Dominion
the *Sun*, yet this, if you observe it, you shall find an excellent, truth; In Dis-
ses of Blood, use the red Centaury; If of Choler, use the yellow; but if of
gm or Water, you will find the white best.

The Cherry-Tree.

Suppose there are few but know this Tree, for his Fruits sake, and therefore
I shall spare writing a Description thereof.

[Place.] For the place of its growth, it is afforded room in every Orchard.

[Government and Vertues.] It is a Tree of *Venus*. Cherries, as they are of
ferent tastes, so they are of divers qualities: The sweet pass through the Sto-
ch and Belly more speedily, but are of little nourishment: The tart or sour
more pleasing to an hot Stomach, procuring
petite to Mear, and help to cut tough Flegm, and
is Humors: but when these are dried, they are
re binding the Belly than when they are fresh,
ng cooling in hot Diseases, and welcome to the
mach, and provoke Urine; The Gum of the
erry-Tree dissolved in Wine, is good for a cold Cough, and hoarsness of the
roat, mendeth the colour in the Face, sharpneth the Eye-sight, provoketh
petite, and helpeth to break and expel the Stone: The Black Cherries brui-
with the Stones, and dissolved, the Water thereof is much used to break the
ne, expel Gravel and Wind.

*Joynts, Gout, Sciatica,
Cramp, Convulsion, veno-
mous, Beasts, Eyes, Wounds,
Ulcers, Ears, Scabby
Heads, Freckles, Spots.*

*Appetite lost, Flegm, gross
Humors, Cool, provoke U-
rine, Cough, Hoarsness,
Sight, Gravel, Wind.*

Winter-Cherries.

Descript.] **T**he Winter-Cherry hath a running or creeping Root in the ground of the bigness many times of ones little finger, shooting forth several joynts in several places, whereby it quickly spreadeth a great compaign ground: the stalk riseth not above a yard high, whereon are set many broad long green Leaves, somewhat like Nightshade, but larger; at the joynts where come forth whitish flowers made of five Leaves apiece, which after turn into green Berries, enclosed with thin skins, which change to be reddish when they grow ripe, the Berry likewise being reddish, and as large as a Cherry, wherein contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year, to be used upon occasion.

Place.] They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

Time.] They flower not until the middle or latter end of July, and the Fruit is ripe about the end of August, or beginning of September.

Government and Vertues.] This also is a Plant of Venus. They are of great use in Physick: The Leaves being cooling, may be used in Inflammation

Inflammations, Dysury, Stone, Gravel, Ulcers in the Reins and Bladder, pissing Blood, sharpness of Urines. A precious Receipt.

but not opening as the Berries and Fruit are, which by drawing down the Urine, provoke it to be voided plentifully when it is stopped, or grown hot, thick and painful in the passage: it is good also to extract the Stone and Gravel out of the Reins, Kidneys and Bladder, helping to dissolve the Stone, and void it by Grit or Gravel sent forth in the Urine: it helpeth much to cleanse inward Imposthumes or Ulcers in the Reins or Bladder, or in those that void a bloody or foul Urine. The distilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry, distilled with a little Milk, and drunk morning and evening with a little Sugar is effectual to all the purposes afore specified, and especially against the heat and sharpness of the Urine. I shall only mention one way among many others, which might be used for ordering the Berries to be helpful to the Urine and the Stone, which is thus: Take three or four good handfuls of the Berries, either green or fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale when it is new Tunned up: This Drink taken daily, hath been found to do much good to many: both to ease the pain and expel Urine, and the Stone, and to cause the Stone not to ingender. The Decoction of the Berries in Wine and Water, is the most usual way; but the Powder of them taken in Drink, is more effectual.

Chervil.

IT is called Cerefolium, Mirrhis, and Mirrha, Chervil, sweet Chervil, sweet Cicely.

Descript.] The Garden Chervil doth at first somewhat resemble Parsley,

after it is better grown, the Leaves are much cut in and jagged, resembling Hemlock, being a little hairy, and of a whitish green colour, sometimes turning reddish in the Summer with the stalks also: It riseth a little above half a foot high, bearing white Flowers in spiked tufts, which turn into long and round seeds pointed at the ends, and blackish when they are ripe, of a sweet tast, but not small though the Herb it self smelleth reasonable well: the Root is small and long, and perisheth every year, and must be sown anew in the spring for seed, are after July for Autumn Sallet.

The Wild Chervil groweth two or three foot high, with yellow stalks and joynts, set with broader and more hairy Leaves, divided into sundry parts, nicked about the edges, and of a dark green colour; which likewise grow reddish with the stalks; at the tops whereof stand small white tufts of Flowers, and afterwards smaller and longer seed: The Root is white, hard, and enduring long. This hath little or no scent.

Place.] The first is sown in Gardens for a Sallet Herb; The second groweth wild in many of the Meadows of this Land, and by the Hedge-sides, and on Heathes.

Time.] They flower and seed early, and thereupon are sown again in the end of Summer.

Government and Vertues.] The garden Chervil being eaten, doth moderately warm the stomach, and is a certain Remedy (saith *Tragus*) to dissolve congealed or clotted blood in the Stomach, clotted Blood, Body, or that which is clotted by Bruises, Falls, &c. Bruises, Falls, Dysury, Stone, Pleurifies, Sides. The juyce or distilled Water thereof being drunk, and the bruised Leaves laid to the place, being taken either in meat or drink, it is held good to provoke Urine, or expel the Stone in the Kidneys, to send down Womens Courses, and to help the Pleurisie and cricking of the sides.

The Wild Chervil bruised and applied, dissolveth Swellings in any part of the Body, and taketh away Swellings, black and blew Spots. the spots and marks of congealed Blood by Bruises Spots. again Blows, in a little space.

Sweet Chervil, or Sweet Cicely.

Descript] **T**His groweth very like the greater Hemlock, having large spread Leaves cut into divers parts, but of a fresher green colour than Hemlock, tasting as sweet as the Anniseed. The stalk riseth up a yard high better, being crested or hollow, having the Leaves at the joynts, but lesser; and at the tops of the branched stalks, umbles or tufts of white flowers; after which come large and long crested black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long branches therein, in tast and smell stronger than the Leaves or Seed, and continuing many years.

Place.] This groweth in Gardens.

Government and Vertues.] These are all three of them of the Nature of Jupiter,

piter, and under his Dominion. This whole Plant, besides its pleasantness in Sallets, hath his Physical Vertues. The Root boyled and eaten with Oyl and

Cold Stomach, Wind, Flemg, Lungs, Ptiffick, Pestilence, Terms provoke, After-birth, Appetite lost, Ulcers, Epidemical Diseases.

Vinegar, (or without Oyl) doth much please and warm old and cold Stomachs, oppressed with Wind or Flemg, or those that have the Ptiffick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague: it provoketh Womens Courfes, and expelleth the After-birth, procureth an Appetite to Meat, and expelleth Wind. The Juyce is good to heal the Ulcers of the

Head and Face. The candid Roots hereof are held as effectual as *Angelica* to preserve from infection in the time of a Plague, and to warm and comfort a cold weak Stomach: It is so harmless you cannot use it amiss.

Chefnut-Tree.

IT were as needless to describe a Tree so commonly known, as to tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the Fruit must needs breed good blood, and yield commendable nourishment to the Body; yet if eaten overmuch, they make blood thick, procure Head-ach, and bind the Body: the inner Skin that covereth the Nut, is of so binding a quality, that a

Flux, Terms stops, Cough, Spitting Blood.

Scruple of it being taken by a Man, or ten grains by a Child, soon stops any Flux whatsoever: the whole Nut being dried and beaten into powder, and a dram taken at a time, is a good remedy to stop the Terms

in Women. If you dry Chefnuts, and beat them into Powder, (only the Kernel I mean) both the Barks being taken away, beat them into Powder, and make the Powder up into an Electuary with Honey, so have you an admirable Remedy for the Cough, and Spitting.

Earth-Chefnuts.

They are called *Earth-Nuts, Earth-Chefnuts, Ground-Nuts, Ciper-Nuts*, and we in *Suffex* call them *Pig-Nuts*. A Description of them were needless for every Child knows them.

Government and Vertues.] They are something hot and dry in quality, under the Dominion of *Venus*, they provoke Lust exceedingly, and stir up those Sports she is Mistress of; the Seed is excellent good to provoke Urine

Lust provokes, Dysury, Spitting Blood, Pissing Blood.

and so also is the Root, but it doth not perform it so forcibly as the Seed doth. The Root being dried

and beaten into Powder, and the Powder made into an Electuary is as singular a Remedy for Spitting and Pissing Blood, as the former Chefnuts was for Coughs.

Chickweed.

It is so generally known to most people, I shall not therefore trouble you with the Description thereof, nor my self with setting forth the several kinds, fith but only two or three are considerable for their usefulness.

Place.] They are usually found in moist and watry places, by Wood-sides, and elsewhere.

Time.] They flower about June, and their seed is ripe in July.

Government and Vertues.] It is a fine soft pleasing Herb, under the Dominion of the Moon. It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for Meat only. The Herb bruised, or the Juyce applied (with cloaths or sponges dipped therein) to the Region of the Liver, and as they dry, to have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Imposthumes and Swellings whatsoever; for all redness in the Face, Wheals, Pusshes, Itch, Scabs; the Juyce either simply used, or boyled with Hogs-grease and applied, the same helpeth Cramps, Convulsions and Palsies. The Juyce or distilled Water is of much good use for all heat and redness in the Eyes, to drop some thereof into them: as also into the Ears to ease pains in them, and is of good effect to ease pains; the heat and sharpness of Blood in the Piles, and generally all pains in the Body that arise of heat. It is used also in hot and virulent Ulcers and Sores in the Privy Parts of Men or Women, or on the Legs, or elsewhere. The Leaves boiled with Marsh-mallows, and made into a Pultis with Foenugreek and Linseed, applied to Swellings or Imposthumes, ripen and break them, or swage the Swellings, and ease the Pains. It helpeth the Sinews when they are shrunk by Cramps, or otherwise, and to extend and make them pliable again by this Medicine; Boil an handful of Chick-weed and a handful of red Rose-leaves dried, but not distilled, in a quart of Muscadine until a fourth part be consumed, then put to them a pint of Oil of Trotters or Sheeps-feet; let them boil a good while, still stirring them well, which being strained anoint the grieved place therewith warm against the fire, rubbing it well with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods Blessing it will help it in three times dressing.

Hot Liver, Aposthumes, Swellings, Red Face, Wheals, Pusshes, Itch, Scabs, Cramp, Convulsion, Palsie, Red Eyes, Hemorrhoids, Ulcers, Sinews.

Cich-Pease, or Cicers.

Description.] The Garden sorts, whether red, black, or white, bring forth Stalks a yard long, whereon do grow many small and almost round Leaves, dented about the edges, set on both sides of a middle Rib: at the Joynts come forth one or two Flowers upon sharp Foot-stalks Pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be, that are contained in small, thick and short

Pods, wherein lie one or two Pease more usually, a little pointed at the lower end, and almost round at the Head, yet a little corner'd or sharp; the Root is small, and perisisteth yearly.

Place and Time.] They are sown in Gardens, or the Fields as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

Government and Vertues.] They are both under the Dominion of Venus. They are no less windy than Beans, but nourish more, they provoke Urine, and are thought to encrease Sperm, they have a cleansing Faculty, whereby they break the Stones in the Kidneys. To drink the Cream of them being boiled in Water, is the best way. It moveth the Belly downwards, provoketh Womens Courses and Urine, encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French-Barley, and a small

handful of Marsh-Mallow-Roots, clean washed and cut, being boiled in the Broath of a Chicken, and four ounces taken in the Morning, and fasting two hours after, is a good Medicine for a Pain in the Sides. The white Cicers used more for Meat than Medicine, yet have they the same effects, and are thought more powerful to encrease Milk and Seed. The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat and dryness, whereby they do more open Obstructions, break the Stone, and have all the properties of cutting, opening, digesting and dissolving, and this more speedily and certainly than the former.

Cinquefoyl, or Five-leaved-Grass; Called in some Countie Five-finger'd-Grass.

Descript.] IT spreadeth and creepeth far upon the ground, with long slender strings like Straw-Berries, which take Root again and shoot forth many Leaves made of five parts, and sometimes of seven, dented about the edges, and somewhat hard. The Stalks are slender, leaning downwards, and bear many small yellow Flowers thereon, with some yellow thrids in the middle, standing about a smooth green head; which when it is ripe, is a little rough, and containeth small brownish Seeds. The Root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some thrids thereat; and by the small strings it quickly spreadeth on the ground.

Place.] It groweth by Wood-sides, Hedg-sides, the Path-ways in Fields, and in the borders and corners of them almost through all this Land.

Time.] It flowreth in Summer, some soon, some later.

Government and Vertues.] This is an Herb of Jupiter, and therefore strengthens the parts of the Body it rules; let Jupiter be Angular in the strong when it is gathered, and if you give but a scruple (which is but

twenty grains of it) at a time, either in White Wine, or White Wine Vinegar, you shall very seldom misse the Cure of an Ague, be it what Ague soever in three fits, as I have often proved, to the Admiration both of my self and others; let no man despise it because it is plain and easie, the ways of God are all such, 'tis the ungodliness and impudency of man that hath made things hard, and hath (by so doing) made sport for all the Devils in Hell, and grieved the good Angels; and when you read this, your own Genius, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs. It is an especial Herb used in all Inflammations and Feavers, whether infectious or pestilential; or among other Herbs to cool and temper the Blood and Humors in the Body. As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cancers, Fistulae, and other corrupt, foul or running Sores. The Juyce hereof drunk, about four ounces at a time, for certain days together, cureth the Quinzie, and yellow Jaundice, and taken for thirty days together, cureth the Falling-sickness. The Roots boiled in Milk and drunk, is a most effectual remedy for all Fluxes in Man or Woman, whether the Whites or Reds, as also the Bloody-flux. The Roots boiled in Vinegar, and the Decoction thereof held in the Mouth, easeth the pains of the Tooth-ach. The Juyce or Decoction taken with a little Honey, helpeth the hoarseness of the Throat, and is very good for the Cough of the Lungs. The Distilled Water of both Roots and Leaves is also effectual to all the purposes aforesaid, and if the Hands be often washed therein, and suffered at every time to dry in of it self without wiping, it will in short time help the Palsie, or shaking in them. The Root boiled in Vinegar, helpeth all Knots, Kernels, hard Swellings, and Lumps growing in any part of the Flesh, being thereto applied, as also all Inflammations, and St. Anthony's-fire, all Imposthumes, and painful Sores, with heat and putrefaction, the Shingles also, and all other sorts of running and foul Scabs, Sores and Itch. The same also boiled in Wine, and applied to any Joynts full of pain, ach, or the Gout in the hands or feet, or the Hip-gout called the *Sciatica*, and the Decoction thereof drunk the while, doth cure them, and easeth much pain in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both: as also for Bruises, or hurts by Blows, Falls or the like, and to stay the bleeding of Wounds in any part, inward or outward.

Some hold, That one Leaf cures a Quotidian, three a Tertian, and four a Quartan-Ague, and a hundred to one if it be not *Diascorides*, for he is full of such whimsies. The truth is, I never stood so much upon the number of the Leaves, nor whether I gave it in Powder or Decoction; If *Jupiter* were strong, and the *Moon* applying to him, or his good Aspect at the gathering, I never knew it misse the desired effects.

H 2

Cives.

Agues.

Inflammations, Feavers, Pestilence, sore Mouth, Ulcers, Cancers, Fistulae, Quinsie, yellow Jaundice, Falling-sickness, Flux, Terms stops, Whites, Bloody-flux, Toothach, Hoarseness, Cough, Palsie of the Hands, Knots in the Flesh, St. Anthony's-fire, Shingles, Scabs, Itch, Joynts pained, Sciatica, Ruptures, Gout, Bruises, Falls, Bleeding.

Cives.

Called also Rush-Leeks, Chives, Civet, and Sweth.

Temperature and Vertues.] I confesse I had not added these, had it not been for a Letter I received of a Country-Gentleman, who certified me, That amongst other Herbs I had left these out; they are indeed a kind of Leeks, hot and dry in the fourth Degree as they are, and also under the Dominion of Mars: if they be eaten raw (I do not mean raw opposite to roasted or boiled, but raw opposite to Chymical Preparation) they send up very hurtful vapors to the Brain, causing troublesome Sleep, and spoiling the

Eye-sight, yet of them prepared by the Art of the Alchymist, may Dysury. be made an excellent Remedy for the stoppage of Urine.

Clary, or more properly Cleer-Eye.

Descript.] **O**ur ordinary Garden Clary hath four square stalks, with broad, rough, wrinkled, whitish, or hairy green Leaves, somewhat evenly cut in on the edges, and of a strong sweet scent, growing, some near the ground, and some by couples upon stalks. The flowers grow at certain distance with two small Leaves at the joynts under them, somewhat like unto the flowers of Sage, but smaller, and of a whitish blew colour. The seed is brownish, and somewhat flat, or not so round as the wild. The Roots are blackish, and spread not far, and perish after the seed time. It is usually sown, for it seldom riseth of its own sowing.

Place.] This groweth in Gardens.

Time.] It flowreth in June and July, some a little later than others, and their Seed is ripe in August or thereabouts.

Government and Vertues.] It is under the Dominion of the Moon. The

Eye, Swellings, Splinters, Thorns, Inflammations, Boils, Felons, Head, Brain, Lust provokes, Back, Terms provokes. Seed is used to be put into the Eyes to clear them from Motes, or other such like things gotten within the Lids to offend them; as also to clear them from white or red spots in them. The Mucilage of the Seed made with Water, and applied to Tumors or Swellings, disperseth and taketh them away; also draweth forth Splinters, Thorns, or other things gotten into the Flesh. The Leaves used with Vinegar either by it self or with a little Honey, doth help hot Inflammations, as also Boils, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The Powder of the dried Root put into the Nose provoketh Sneezing, and thereby purgeth the Head and Brain of much Rheum and Corruption. The Seed or Leaves taken in Wine, provoketh to Venery. It is of much use both for Men and Women that have weak Backs, to help strengthen the Reins: used either by its self, or with other Herbs conducing

to the same effect, and in Tansies often. The fresh Leaves dipped in a Batter of Flower, Eggs and a little Milk, and fryed in Butter, and served to the Table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or Beer, and drunk bringeth down Womens Courses, and expelleth the Afterbirth.

Afterbirth.

It is an usual course with many men when they have gotten the running of the Reins, or Women the Whites, they run to the Bulb of Clary, Maid, bring hither the Frying-Pan, fetch me some Butter quickly, then for eating fryed Clary, just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their Backs are much the better as though they had pissed in their shoes; nay, perhaps much worse.

We will grant that Clary strengthens the Back; but this we deny, That the cause of the Running of the Reins in Men, or the Whites in Women lies in the Back (though the Back may sometimes be weakned by them) and therefore the Medicine is as proper, as for me when my Toe is sore to lay a Plaister to my Nose.

Wild Clary.

Wild Clary is most blasphemously called Christs Eye, because it cures Diseases of the Eyes. I could wish from my very Soul, Blasphemy, Ignorance and Tyranny were ceased amongst Physitians, that they might be happy, and joyful.

Description.] It is like the other Clary, but lesser, with many stalks about a foot and a half high. The stalks are square and something hairy. The Flowers of a blewish colour. He that knows the common Clary, cannot be ignorant of this.

Place.] It grows commonly in this Nation in barren places; you may find it plentifully if you look in the Fields near Grays-Inn, and the Fields near Chelsey.

Time.] They flower from the beginning of June, to the latter end of August.

Government and Vertues.] It is something hotter and dryer than this Garden-Clary is, yet nevertheless under the Dominion of the Moon, as well as that, the Seeds of it being beaten to Powder, and drunk with Wine, it is an admirable help to provoke Lust. A decoction of the Leaves being drunk, warms the Stomach, and 'tis a wonder if it should not, the Stomach being Cancer, the House of the Moon. It helps digestion, scatters congealed blood in every part of the Body, and helpeth dimness of sight. The distilled Water there-fore cleanseth the Eyes of redness, waterishness and heat, 'tis a gallant Remedy for dimness of sight, to take one of the Seeds of it, and put into the Eyes, and there it remain while it drops out of it self, the pain of it will be nothing to speak

Lust provoketh, Congealed Blood, cold Stomach, sore Eyes, Films in the Eyes, Indigestion.

The distilled Water there-fore cleanseth the Eyes of redness, waterishness and heat, 'tis a gallant Remedy for dimness of sight, to take one of the Seeds of it, and put into the Eyes, and there it remain while it drops out of it self, the pain of it will be nothing to speak

on; it will cleanse the Eyes of all filthy and putrified matters, and in often repeating of it, will take off a Film which covereth the sight, a handsomer, safer, and easier Remedy, a great deal than to tear it off with a Needle.

Cleavers.

IT is also called Aparine, Goose-share, Gool-grass, and Clavers.

Description.] The common Cleavers hath divers very rough square stalks not so big as the Tag of a Point, but rising up to be two or three yards high sometimes, if it meet with any tall Buses or Trees whereon it may climb (yet without any claspers) or else much lower, and lying on the ground full of Joynts, and at every one of them shooteth forth a branch besides the Leaves thereon, which are usually six, set in a round compass like a Star, or the Rowel of a Spur: from between the Leaves at the joynts towards the tops of the branches, come forth very small white flowers at every end upon small threddy foot-stalks, which after they have fallen, there do shew two small, round, rough seeds, joyned together like two Testicles, which when they are ripe, grow hard and whitish, having a little hole on the side somewhat like unto a Navel. Both stalks, leaves and seeds are so rough, that they will cleave to any thing shall touch them. The Root is small and very threddy, spreading much in the ground, but dyeth every year.

Place.] It groweth by the Hedge and Ditch-sides in many places of the Land, and is so troublesome an Inhabitant in Gardens, that it rampeth upon and is ready to choak whatever grows next to it.

Time.] It flowreth in June or July, and the seed is ripe, and falleth again in the end of July or August, from whence it springeth up again, and not from the old Roots.

Government and Vertues.] It is under the Dominion of the Moon. The Juice of the Herb and the Seed together taken in Wine helpeth those that are bitten with an Adder, by preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and thin that are apt to grow fat, The distilled Water drunk twice a day, helpeth the Yellow Jaundice, and the Decoction of the Herb in Experience is found to be the same, and stayeth Lasks and bloody Fluxes. The Juice of the Leaves, if they a little bruised, and applied to any bleeding Wound, stayeth the bleeding. The Juice is also very good to close up the lips of green Wounds; and the Powder of the dried Herb strew'd thereupon, doth the same, and likewise helpeth old Ulcers. Being boyled with Hogs-grease, it helpeth all sorts of swellings or Kernels in the Throat, being anointed therewith. The Juice dropped into the Ears, taketh away the pain of them.

Venemous Beasts, Heart, Fatness, Yellow Jaundice, Flux, bloody Flux, Wounds, Ulcers, Swellings, Kings-Evil, pain in the Ears.

It is a good Remedy in the Spring, eaten (being first chopped small, and boyled well) in Water-gruel, to cleanse the Blood, and strengthen the Liver thereby keeping the Body in health, and fitting it for that change of Season that is coming.

Clowns Woundwort.

Description.] **I**T groweth up sometimes to three or four foot high, but usually about two foot, with square, green, rough stalks, but slender, joyned somewhat far asunder, and two very long, and somewhat narrow dark green Leaves, bluntly dented about the edges thereof, ending in a long point. The Flowers stand towards the tops compassing the stalks at the joynts with the Leaves, and end likewise in a spiked top, having long and much open gaping hoods of a purplish red colour, with whitish spots in them standing in somewhat rough Husks, wherein afterwards stand blackish round seeds. The Root is composed of many long strings, with some tuberous long knops growing among them of a pale yellowish or whitish colour, yet some times of the year those knobby Roots in many places are not seen in this Plant: The whole Plant smelleth somewhat strongly.

Place.] It groweth in sundry Countries of this Land, both North and West, and frequently by Path sides in the Fields near about London, and within three or four miles distant about it, yet usually grows in or near Ditches.

Time.] It flowreth in June and July, and the Seed is ripe soon after.

Government and Vertues.] It is under the Dominion of the Planet Saturn. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name forought. And is very available in stanching of Blood, and to dry up the fluxes of Humors in old fretting Ulcers Cankers, &c. that hinder the healing of them.

A Syrup made of the Juyce of it is inferior to none for inward Wounds, Ruptures of Veins, Bloody Flux. Vessels broken, spitting, pissing or vomiting Blood: Ruptures are excellently, and speedily even to admiration, cured by taking now and then a little of the Syrup, and applying an Ointment or Plaister of the Herb to the Place. Also if any Vein be swelled, or Muscle cut, apply a Plaister of this Herb to it, and if you add a little Comfry to it, it will not do amiss. I assure thee, the Herb deserves commendations though it have gotten but a Clownish Name, and whoever reads this (if he try it as I have done) will commend it as well as I. I have done, only take notice, That it is of a dry Earthy quality.

Wounds, Ulcers, Blood, Cankers, Bloody Flux, Vessels broken, Raptures, spitting, pissing and vomiting Blood, Veins swelled, Muscles cut.

Cocks-Head, Red Fitchling, or Medick Fetch.

Description.] **T**HIS hath divers weak, but rough Stalks, half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath; from the tops of these Stalks arise up other slender Stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a spike of a pale reddish colour,

colour, with some blewish among them: after which rise up in their places, round, rough and somewhat flat heads. The Soot is tough and somewhat woody, yet liveth, and shooteth anew every year.

Place.] It groweth under Hedges, and sometimes in the open Fields, in divers places of this Land.

Time.] They flower all the months of *July* and *August*, and the Seed ripeneth in the mean while.

Government and Vertues.] It is under the Dominion of *Venus*. It hath power to rarifie and digest, and therefore the green Leaves bruised and laid

Knots and Kernels in the Flesh, Strangury, Milk in Cattel.

as a Plaister, disperfeth Knots, Nodes or Kernels in the flesh; and if when it is dry, it be taken in Wine, it helpeth the Strangury; and being anointed with Oyl, it provoketh Sweat. It is a singular food for Cattel, to cause them to give store of Milk, and

why then may it not do the like being boyled in ordinary drink of Nurfes.

Columbines.

THese are so well known, growing almost in every Garden, that I think I may save the expence of time in writing a Description of them.

Time.] They flower in *May*, and abide not for the most part when *June* is past, perfecting their seed in the mean time.

Government and Vertues.] It is also an Herb of *Venus*. The Leaves of Columbines are commonly used in Lotions with good success for sore Mouths

Sore Mouths and Throats, Obstructions, Yellow Jaundice, Womens Travel, Stone.

and Throats; *Tragus* saith, That a dram of the seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the Yellow Jaundice if the party after the taking thereof be laid to sweat well in the bed: The seed also taken in Wine causeth a speedy delivery of Women in Child-

birth, if one draught suffice not, let her drink the second and it is effectual: The *Spaniards* use to eat a piece of the Root hereof in a morning fasting, many days together, to help them being troubled with the Stone in the Reins or Kidneys.

Colts-foot.

Called also Cough-wort, Foals-foot, Horse-hoof, and Bulls-foot.

Descript.] This shooteth up a slender stalk with small yellowish Flowers somewhat early, which fall away quickly: and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker, and greener, than those of Butter-bur, with a little down or freeze over the green Leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence spring fresh Leaves.

Place.] It groweth as well in wet grounds, as in drier places.

Time.] And flowreth in the end of *February*, the Leaves beginning to appear in *March*.

Gouern

Government and Vertues.] The Plant is under *Venus*. The fresh Leaves or juyce, or a Syrup made thereof, is good for a hot dry Cough, for Wheezing and shortness of Breath. The dry Leaves are best for those that have thin Rheums and Distillations upon their Lungs, causing a Cough for which also the dried Leaves taken as Tobacco or the Root is very good. The distilled Water hereof simply, or with Elder Flowers and Nightshade, is a singular good Remedy against all hot Agues, to drink two ounces at a time, and apply cloaths wet therein to the Head and Stomach; which also doth much good being applied to any hot Swellings or Inflammations; it helpeth St. *Antonies* fire and Burnings, and is singular good to take away Wheals, and small Pusshes that arise through heat: as also the burning heat of the Riles, or Privy parts, cloaths wet therein being thereunto applied.

Cough, Wheezing, shortness of Breath, Agues, Inflammations, Swellings, St. Antonies fire, Burnings, cholerick Pusshes, Piles, Inflammations in the Privities.

Comfry.

Description.] **T**He common great Comfry hath divers and very large and hairy green leaves lying on the ground, so hairy or prickly, that if they touch any tender parts of the hands, face or body, it will cause it to itch: the Stalk that riseth up from among them being two or three foot high, hollow and cornered, is very hairy also, having many such like leaves as grow below, but lesser, and lesser up to the top. At the joynts of the Stalks, it is divided into many branches with some Leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish colour, after which come small black seed. The Roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within, short or easie to break, and full of glutinous or clammy juyce of little or no tast at all.

There is another sort in all things like this, *salve* only it is somewhat less, and beareth flowers of a pale purple colour.

Place.] They grow by Ditches and Water-sides, and in divers Fields that are moist, for therein they chiefly delight to grow. The first generally through all the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often in dry places.

Time.] They flower in *June* and *July*, and give their seed in *August*.

Government and Vertues.] This is also an Herb of *Saturn*, and I suppose under the Sign *Capricorn*, cold, dry, and earthy in quality. What was spoken of Clowns Woundwort, may be said of this. The great Comfry helpeth those that spit Blood, or make a bloody Urine:

Spitting and pissing Blood, Inward Wounds and Bruises, Ptiſſick.

The Root boyled in Water and Wine, and the decoction drunk, helpeth all inward hurts, bruises and wounds, and Ulcers of the Lungs, causing the slegm that oppresseth them to be easily spit forth: It stayeth the defluxions of Rheum from the Head upon the Lungs, the fluxes of Blood or humors

Bloody Flux, Terms stops, Whites, Nerves cut, Muscles cut, sharp Humors, Wounds, Ruptures, broken Bones, Knotted Breasts, Hemorrhoids, Inflammation, Gout, pained Joynts, Gangrenes.

humors by the belly, Womens immoderate Courses, as well the Reds as the Whites; and the Ruining of the Reins hapning by what cause soever. A Syrup made thereof is very effectual for all those inward Grievs and Hurts, and the distilled Water for the same purpose also, and for outward Wounds and Sores in the Flethy or Sinewy part of the Body whatsoever; as also to take away the fits of Agues, and to allay the sharpness of Humors. A Decoction of the Leaves hereof is available to all the purposes, though not so effectual as the Roots. The Roots being outwardly applied, help fresh wounds or cuts immediately, being bruised and laid thereunto; and is especially good for Ruptures and broken Bones: yea, it is said to be so powerful to consolidate and knit together; that if they be boyled with dissevered pieces of flesh in a pot it will joyn them together again. It is good to be applied to Womens Breasts that grow sore by the abundance of Milk coming into them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool the Inflammation of the parts thereabouts, and to give ease of pains. The Roots of Comfry taken fresh, beaten small, and spread upon Leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains; and applied in the same manner, giveth ease to pained joynts, and profiteth very much for running and moist Ulcers, Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpful.

Coral-wort.

IT is also called by some, Tooth-wort, Tooth Violet, Dog-teeth Violet, and Dentaria.

[Description.] *Of the many sorts of this Herb, two of them may be found growing in this Nation: The first of which shooteth forth one or two winged Leaves upon long brownish footstalks, which are doubled down at their first coming out of the ground: when they are fully opened they consist of seven Leaves, most commonly of a sad green colour, dented about the edges, set on both sides the middle Rib one against another as the Leaves of the Ash-tree: the stalk beareth no Leaves on the lower half of it, the upper half beareth sometimes three or four, each consisting of five Leaves, sometimes of three: on the top stand four or five flowers upon short Footstalks, with long Husks: the flowers are very like the flowers of Stock Gilliflowers, of a pale purplish colour consisting of four Leaves a piece, after which come small Cods which contain the seed, the Root is very smooth, white and shining, it doth not grow downwards, but creeping along under the upper crust of the ground, and consisteth of divers small round knots, set together: toward the top of the stalk there grow some single Leaves, by each of which cometh a small round cloven Bulb, which when it is ripe, if it be set in the ground, it will grow to be a Root.*

As for all the other Coral-wort which groweth in this Nation, 'tis more scarce

scarcely than this, being a very small Plant, not much unlike *Crowfoot*, therefore some think it to be one of the sorts of *Crowfoot*. I know not where to direct you to it, and therefore I shall forbear the Description.

Place.] The first groweth near *Mayfield* in *Sussex*, in a wood called *Highbreed*, and in another Wood there also, called *Fox holes*.

Time.] They flower from the latter end of *April* to the middle of *May*, and before the middle of *July* they are gone, and not to be found.

Government and Vertues.] It is under the Dominion of the *Moon*. It cleanseth the Bladder and provoketh Urine, expels Gravel and the Stone, it easeth pains in the Sides and Bowels; it is excellent good for inward wounds, especially such as are made in the Breast or Lungs, by taking a dram of the Powder of the Root every morning in Wine; the same is excellent good for Ruptures, as also to stop fluxes: an Ointment made of it, is excellent good for Wounds and Ulcers; for it soon dries up the watry Humor which hinder the Cure.

Dysury, Gravel, Stone, Sides, Bowels, Wounds in the Breast and Lungs, Rupture, Fluxes, Wounds and Ulcers.

Costmary, or Alecost, or Balsom Herb.

This is so frequently known to be an Inhabitant in almost every Garden, that I suppose it needless to write a Description thereof.

Time.] It flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Jupiter*. The ordinary *Costmary* as well as *Maudlin*, provoketh Urine abundantly, and moistneth the hardness of the Mother; it gently purgeth *Choler* and *Flegm*, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul, and hindreth putrefaction and corruption, it dissolveth without Attraction, openeth Obstructions, and healeth their evil effects, and is a wonderful help to all sorts of Day Agues. It is astringent to the Stomach, and strengtheneth the Liver, and all the other inward parts, and taken in Whey, worketh the more effectually. Taken fasting in the Morning, it is very profitable for the pains of the Head that are continual, and to stay, dry up, and consume all thin Rheums, or Distillations from the Head into the Stomach, and helpeth much to digest raw humors that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole body, called *Cachexia*; being taken especially in the beginning of the Disease: It is an especial friend and help to evil, weak and cold Livers. The seed is familiarly given to Children for the Worms, and so is the infusion of the Flowers in White Wine, given them to the quantity of two ounces at a time: it maketh an excellent Salve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it, and after it is strained, to put a little Wax, Rosin and Turpentine, to bring it into a convenient Body.

Dysury, Womb, Choler, Flegm, Putrefaction, Corruption, Obstructions, Quotidian Agues, Stomach, Liver, Head-ach, Rheum, Raw Humours, Cachexia, Worms, Ulcers,

Cudweed,

Cudweed, or Cotton-weed.

Besides Cudweed and Cottonweed; it is also called *Chafweed*, *Dwarf Cotton*, and *Petty Cotton*.

Description.] The common Cudweed riseth up with one stalk sometimes, and sometimes with two or three, thick set on all sides with small, long and narrow whitish or woody Leaves from the middle of the stalk almost up to the top; with every Leaf standeth a small Flower, of a dun or brownish yellow colour, or not so yellow as others; in which Herbs after the Flowers are fallen, come small seed wrapped up with the down therein, and is carried away with the wind. The Root is small and threddy.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that the stalk and leaves are shorter, so the flowers are paler and more open.

Place.] They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

Time.] They flower about July, some earlier, some later, and their seed is ripe in August.

Government and Vertues.] Venus is Lady of it. The Plants are all astrigent, or binding and drying, and therefore profitable for defluxions of Rheum from the Head, and to stay fluxes of blood wheresoever, the Decoction being made in red Wine and drunk, or the Powder taken therein; it also helpeth the bloody Flux, and easeth the torments that come thereby, stayeth the

immoderate Courses of Women, and is also good for inward or outward Wounds, Hurts and Bruises, and helpeth Children both of Bursting and the Worms, and the Disease called *Tenasmus*, which is an often provocation to the stool, and doing nothing; being either drunk or injected: The green leaves bruised and laid to any green wound, stayeth the bleeding, healeth it up quickly: The Decoction or Juyce thereof doth the same, and helpeth all old and filthy Ulcers quickly. The Juyce of the Herb taken in Wine and Milk is (as *Pliny* saith) a sovereign Remedy against the Mumps and *Quinsie*; and further saith, That whosoever shall so take it, shall never be troubled with that Disease again.

Cowslips, or Peagles.

Both the Wild and Garden Cowslips are so well known, that I will neither trouble my self nor the Reader with any Description of them.

Time.] They flower in April and May.

Government and Vertues.] Venus lays claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough, the Oyntment or distilled Water of it adds Beauty, or at least restores it when it is lost. The Flowers are held to be more effectual than the Leaves, and the Roots of little use. An Ointment being made with them, taketh away Spots, and Wrinkles of the Skin,

Skin, Sinning and Freckles, and adds Beauty exceedingly: they remedy all Infirmities of the Head coming of Heat and Wind, as Vertigo, Epialtes, false Apparitions, Frenies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerves. The Roots ease pains in the Back and Bladder, and openeth the passages of Urine: The Leaves are good in Wounds, and the Flowers take away trembling:

If the Flowers be not well dried and kept in a warm place, they will soon putrifie and look green, have a special Eye over them: If you let them see the Sun once a month, it will do neither the Sun nor them harm.

Because they strengthen the Brain and Nerves, and remedy Palsies, the Greeks gave them the name *Paralyfis*; The Flowers preserved or conserved, and the quantity of a Nutmeg eaten every Morning, is a sufficient Dose for inward Diseases; but for Wounds, Spots, Wrinkles and Sun-burning, an Ointment is made of the Leaves and Hogs-grease.

Crabs-claws.

Called also Water-Sengreen, Knights Pond-wort, Water-Housfleck, Wading Pond-weed, and Fresh-Water Soldier.

Description.] It hath sundry long narrow Leaves with sharp prickles on the edges of them, also very sharp pointed; the stalks which bear flowers seldom grow so high as the Leaves, bearing a forked head like a Crabs Claw, out of which comes a white Flower, consisting of three Leaves, with divers yellowish hairy threads in the middle: it taketh Root in the Mud in the bottom of the Water.

Place.] It groweth plentifully in the Fens in Lincolnshire.

Time.] It flowers in June, and usually from thence till August.

Government and Vertues.] 'Tis a Plant under the Dominion of Venus, and therefore a great strengthener of the Reins; it is excellent good in that Inflammation which is commonly called St. Anthony's-fire; it asswageth all Inflammations and Swellings in Wounds, and an Ointment made of it is excellent good to heal them: there is scarce a better Remedy growing than this is, for such as have bruised their Kidneys, and upon that account pissing Blood: a dram of the Powder of the Herb taken every Morning is a very good Remedy to stop the Terms.

Reins, St. Anthony's-fire, Inflammations and Swellings in Wounds, Kidneys bruised, Pissing Blood, Terms stops.

Black-Cresses.

Descript.] It hath long Leaves deeply cut and jagged on both sides, not much unlike wild Mustard; the Stalks be small, very limber, though very tough, you may twist them round, as you may a Willow before they break: The Stones be very small and yellow, after which come small Cads, which contain the Seed.

Place.] It is a common Herb, grows usually by the Way-side, and sometimes

times upon Mud-Walls about *London*, but it delights most to grow amongst Stones and Rubbish.

Time.] It flowers in *June* and *July*, and the seed is ripe in *August* and *September*.

Government and Vertues.] 'Tis under the Dominion of *Mars*, and is a Plant of a hot and biting Nature: the truth is, the Seed of Bank-Cresses strengthens the Brain exceedingly, being in performing that office little inferior to Mustard-Seed, if at all; they are excellent good to stay those Rheums which fall down from the Head upon the Lungs; You may beat the Seed into Powder if you please, and make it up into an Electuary with Honey; so you have an Excellent Remedy by you, not only for the Premises, but also for the Cough, Yellow Jaundice and Sciatica. The Herb boyled into a Pultis is an excellent Remedy for Inflammations both in Womens Breasts, and Mens Testicles.

Sciatica-Cresses.

Descript.] **T**hese are of two kinds: The first riseth up with a round Stalk about two foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the edges, somewhat like Garden-Cresses, but smaller: The Flowers are small and white, growing at the top of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in taste, more than the Cresset of the Garden: The Root is long, white and woody.

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The Flowers and Seed are like the former, and so is the Root likewise: and both Root and Seed as sharp as it.

Place.] These grow by the Way-sides in untilled places, and by the sides of old Walls.

Time.] They flower in the end of *June*, and their seed is ripe in *July*.

Government and Vertues.] It is a *Saturnine* Plant. The Leaves, but especially the Root taken fresh in Summer-time, beaten and made into a Pultis or

Sciatica, Gout, Head-ach, place pained with the Sciatica, to continue thereon four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and

Oyl mixed together, and then wrapped with Wool or Skins after they have sweat a little, will assuredly Cure not only the same Disease in the Hips, Hucklebone, or other of the Joynts, as the Gout in the Hands or Feet, but all other old-Griefs of the Head (as inveterate Rheums) and other parts of the Body that is hard to be cured: And if of the former Griefs any part remain; the same Medicine after twenty days is to be applied again. The same is also effectual in

the Diseases of the Spleen : and applied to the Skin, *Spleen, Scars, Leprosie,* it taketh away the blemishes thereof, whether they *Scabs, Scurf.* be Scars, Leprosie, Scabs or Scurf, which although it ulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax. Esteem of this as another Secret.

Water-Cresses.

Descript.] *O*ur ordinary Water-Cresses spread forth with many weak, hollow, sappy Stalks, shooting out Fibres at the Joynts, and upwards, long winged Leaves, made of sundry broad, sappy, almost round Leaves, of a brownish colour. The Flowers are many and white, standing on long foot-stalks, after which come small yellow Seed, containing in small long Pods like Horns. The whole Plant abideth green in Winter, and tasteth somewhat hot and sharp.

Place.] They grow (for the most part) in the small standing Waters, yet sometimes in small Rivulets of running Water.

Time.] They flower and seed in the beginning of Summer.

Government and Vertues.] It is an Herb under the Dominion of the Moon. They are more powerful against the Scurvy, and to

cleanse the Blood and Humors, than Brooklime is, *Scurvy, Blood, Humors,* and serve in all the other uses in which Brooklime is *Stone, Dysury, Terms pro-* available, as to break the Stone, and provoke Urine, *vokes, Ulcers, Freckles,* and Womens Courfes. The Decoction thereof cleanseth *Pimples, Spots, Dulness,* Ulcers, by washing them therewith : The Leaves *Lethargy.* bruised, or the Juyce, is good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spots, or the like, at night, and washed away in the morning. The Juyce mixed with Vinegar, and the fore-part of the Head bathed therewith, is very good for those that are dull and drowie, or have the Lethargy.

Water-Cress Pottage is a good Remedy to cleanse the Blood in the Spring, and help Head-aches, and consume the gross humors Winter hath left behind ; those that would live in health may use it if they please ; if they will not, I cannot help it : If any fancy not Pottage, they may eat the Herb as a Sallet.

Cross-wort.

Descript.] *C*ommon Cross-wort groweth up with square, hairy, brown Stalks, little above a foot high, having four small broad and pointed hairy, yet smooth green Leaves, growing at every joynt, each against other cross-ways, which hath caused the Name : Toward the tops of the Stalks at the Joynts with the Leaves in three or four rows outwards, stand small, pale, yellow Flowers ; after which come small, blackish, round Seed, four for the most part set in every Husk. The Root is very small and full of fibres, or threads, taking good hold of the ground, and spreading with the Branches a great deal of ground, which perish not in Winter, although the Leaves dye every year, and spring again anew.

Place.]

Place.] It groweth in many moist grounds, as well Meadows as untilld places about *London*: in *Hampsted* Church-yard, at *Wye* in *Kent* and sundry other places.

Time.] It flowreth from *May* all the Summer long in one place or other, as they are more open to the Sun; the Seed ripeneth soon after.

Government and Vertues.] It is under the Dominion of *Saturn*. This is a singular good Wound-Herb, and is used inwardly, not only to stay bleeding of Wounds, but to consolidate them, as it doth outwardly any green Wounds, which it quickly fodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate Flegm out of the Chest, and is good for Obstructions in the Breast, Stomach or Bowels, and helpeth a decayed Appetite: It is also good to wash any Wound or Sort with, to cleanse and heal it: The Herb bruised, and then boyled and applied outwardly for certain days together, renewing it often, and in the mean time, the Decoction of the Herb in the Wine taken inwardly every day, doth certainly cure the Rupture in any, so as it be not too inveterate; but very speedily if it be fresh and lately taken.

Crow-foot.

Many are the Names this furious biting Herb hath obtained, almost enough to make up a *Wellsmans* Pedegree, if he fetch it no further than *John of Gaunt*, or *William the Conqueror*, for it is call'd *Frogs-foot*, from the Greek name *Batrakion*, Crow-foot. Gold Knobs, Gold Cups, King Knob, Bassiners, Trol-flower, Polts, Locker Goulions, and Butter-flowers.

Abundance are the sorts of this Herb, that to describe them all would tire the patience even of *Socrates* himself; but because I have not yet attained to the Spirit of *Socrates*, I shall but Describe the most usual.

Descript.] The most common Crow-foot hath many dark green Leaves at the divers parts, in taste biting and sharp, biting and blistering the Tongue, it bears many flowers, and those of a bright resplendent yellow colour, I do not remember that I ever saw any thing yellower; *Virgins* in Ancient time used to make Powder of them to strew Bride-Beds: after which Flowers come small heads of Seeds, round, but rugged like a Pine-Apple.

Place.] They grow very common every where, unless you run your Head into a Hedge, you cannot but see them as you walk.

Time.] They flower in *May* and *June*, even till *September*.

Government and Vertues.] This fiery and hot spirited Herb of *Mars* is no way fit to be given inwardly, but an Ointment of the Leaves or Flowers will draw a Blister, and may be so fitly applied to the Nape of the Neck to draw back Rheum from the Eyes: The Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*, and with far less danger to the Vessels of Urine, which *Cantharides* naturally delight to wrong: I knew the Herb once applied to a Pestilential rising that was fallen down

down, and it saveth life even beyond hope; it were good keeping an Oyntment and Plaister of it, if it were but for that.

Cuckow-pint.

It is called *Aron*, *Jarus*, and *Barba-aron*, *Calves-foot*, *Ramp*, *Starch-wort*, *Cuckow-pintle*, *Priests-pintle*, and *Wake-Robin*.

Descript.] This skooteth forth three, four, or five Leaves at the most, from one Root, every one whereof is somewhat large and long, broad at the bottom, next the stalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each standing upon a thick round stalk, of a handful breadth long, or more: among which, after two or three months that they begin to wither, riseth up a bare, round, whitish green stalk, spotted and straked with purple, somewhat higher than the Leaves: at the top whereof standeth a long hollow hose or husk, close at the bottom, but open from the middle upwards ending in a point; in the middle whereof standeth a small long Pestle or Clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside though green without; which after it hath abiden so for some time, the Husk with the Clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of Berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of a Hazel Nut Kernel; which abideth thereon almost until Winter: The Root is round and somewhat long, for the most part lying along, the Leaves skooting forth at the bigger end, which when it beareth, his Berries are somewhat wrinkled and loose, another growing under it, which is solid and firm with many small threds hanging thereat: The whole Plant is of a very sharp biting taste, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without alteration. The Root hereof was anciently used instead of Starch, to starch Linnen withal.

There is another sort of Cuckow-pint, with lesser Leaves than the former, and somewhat harder, having blackish spots upon them, which for the most part abide longer green in Summer than the former; and both Leaves and Roots are more sharp and fierce than it: In all things else it is like the former.

Place.] These two sorts grow frequently almost under every Hedge-side in many places of this Land.

Time.] They shoot forth Leaves in the Spring, and continue but until the middle of Summer, or somewhat later, their Husks appearing before they fall away: and their Fruit shewing in April.

Government and Vertues.] It is under the Dominion of Mars. *Tragus* Reporteth, That a dram weight, or more if need be, of the spotted *Wake-Robin*, either fresh and green, or dried, being beaten and taken, is a most present and sure Remedy for Poyson and the Plague. The Juyce of the Herb taken to the quantity of a spoonful hath the same effect.

But if there be a little Vinegar added thereunto as well as unto the Root afore-said, it somewhat allayeth the sharp biting taste thereof upon the Tongue. The green Leaves bruised, and laid upon any Boil or Plague fore, doth wonderfully help

Poyson, Plague, Boil, Difficulty of Breath, Cough.

help to draw forth the Poyson: A dram of the Powder of the dried Root taken with twice so much Sugar in the form of a licking Electuary, or the green Root doth wonderfully help those that are pursie and short-winded, as also those that have a Cough; it breaketh, digesteth, and riddeth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boyled, is effectual also for the same purpose. The said Powder taken in Wine or other Drink, or the Juyc of the Berries, or the Powder of them, or the

*Flegm, Dysury, Terms
provokes, After-birth,
Ulcers, Itch, Ruptures,
Polypus, Eyes, Throat,
Jaws, Gout, Piles or Hemorrhoids,
Fundament
falling down, Scurf, Freckles,
Spots, Blemishes.*

Wine wherein they have been boyled, provoketh Urine, and bringeth down Womens Courfes, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps-Milk, it healeth the inward Ulcers of the Bowels. The distilled Water hereof is effectual to all the purposes aforesaid: A spoonful taken at a time healeth the Itch; and an ounce or more taken at a time for some days together, doth help the Rupture: The

Leaves either green or dry, or the Juyc of them, doth cleanse all manner of rotten and filthy Ulcers in what part of the Body soever, and healeth the stinking Sores in the Nose called *Polypus*. The Water wherein the Root hath been boyled dropped into the Eyes, cleanseth them from any Film or Skin, Clouds or Mists which begin to hinder the Sight, and helpeth the watering or redness of them; or when by some chance they become black and blew. The Root mixed with Bean-flour, and applied to the Throat or Jaws that are inflamed, help them. The Juyc of the Berries boyled in Oyl of Roses, or beaten into Powder mixed with the Oyl, and dropped into the Ears, easeth Pains in them. The Berries, or the Roots beaten with hot Ox-Dung, and applied, easeth the Pains of the Gout. The Leaves and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, easeth them; and so doth sitting over the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots or Blemishes whatsoever therein.

Authors have left large commendation of this Herb you see, but for my part I have neither spoken with Dr. *Reason*, nor Dr. *Experience* about it.

Cucumers, Or, (*according to the Pronunciation of the Vulgar*) Cowcumbers.

Government and Vertues. **T**Here is no Dispute to be made, but that they are under the Dominion of the Moon, and though they are so much cryed out against for their coldness, and that if they were but one Degree colder they would be Poyson. The best of Galenists hold them but to be cold and moist in the second Degree, and then not so cold as either Lettuce or Purslain.

They are excellent good for hot Stomachs, and hot Livers; the unmeasurable use of them fills the Body full of raw humors; and so indeed the unmeasurable use of any thing else doth harm. The Juyce of Cucumers, the Face being washed with it, cleanseth the Skin, and is excellent good for hot Rheums in the Eyes: the Seed is excellent to provoke Urine, and cleanse the passages thereof when they are stopped; neither do I think there is a better Remedy for Ulcers in the Bladder growing, than Cucumers are: The usual course is to use the Seeds in Emulsions, as they make Almond Milk; but a better way far (in my Opinion) is this, when the season of the year is; To take the Cucumers and bruise them well, and distil the Water from them, and let such as are troubled with Ulcers in the Bladder, drink no other drink. The Face being washed with the same Water, cureth the reddest Face that is; it is also excellent good for sun-burning, Freckles, and Morpew.

Stomach hot, Liver hot, Humors raw, Skin cleanseth, hot Rheums in the Eyes, provokes Urine, and cleanse the Passages, Ulcers in the Bladder, red Face, Sun-burning, Freckles, Morpew.

Daisies.

These are also so well known almost to every Child, that I suppose it is altogether needless to write any Description of them. Take therefore the Vertues of them, as followeth.

Government and Vertues.] The Herb is under the Sign Cancer, and under the Dominion of Venus, and therefore excellent good for Wounds in the Breast, and very fitting to be kept both in Oyls, Oyntments, and Plaisters, as also in Syrups. The greater wild Daisie is a Wound-Herb of good respect, often used in those Drinks or Salves that are for Wounds, either inward or outward. The Juyce or distilled Water of these, or the small Daisies, doth much temper the heat of Choler, and refresheth the Liver, and the other inward parts. A Decoction made of them and drunk, helpeth to Cure the Wounds made in the hollownes of the Breast: The same also cureth all Ulcers and Pustules in the Mouth or Tongue, or in the secret Parts. The Leaves bruised and applied to the Cods, or to any other parts that are swollen and hot, doth dissolve it, and temper the heat. A Decoction made hereof with Walwort and Agrimony, and the places fomented or bathed therewith warm, giveth great ease to them that are troubled with the Palsie, Sciatica, or the Gout: The same also disperseth and dissolveth the Knots or Kernels that grow in the Flesh of any part of the Body, and Bruises and Hurts that come of Falls and Blows: They are also used for Ruptures, and other inward Burnings, with very good success. An Oyntment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist humors having access unto them, are kept long from healing, and such are those for the most part that happen to the Joynts of the Arms or Legs. The Juyce of them dropped into the running Eyes of any, doth much help them.

Wounds inward and outward, Choler, Liver, Breast, Ulcers, Swellings, Kernels, Bruises, Falls, Ruptures, Burnings, Inflammations.

Dandelyon, vulgarly called Piss-a-Beds.

Descript.] **I**T is so well known to have many long, and deep gashed Leaves, lying on the ground round about the head of the Root; the ends of each gash or jag on both sides, looking downwards towards the Root; the middle Rib being white, which broken, yieldeth abundance of bitter Milk, but the Root much more: from among the Leaves, which always abide green, arise many slender weak naked foot-stalks, every one of them bearing at the top one large yellow Flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green husk wherein the flower stood, turneth it self down to the stalk, and the head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root growing downwards exceeding deep, which being broken off within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground,

Place.] It groweth frequently in all Meadows, and Pasture grounds.

Time.] It flowreth in one place or other almost all the year long.

Government and Vertues.] It is under the Dominion of Jupiter. It is of

Openeth, Cleanseth, Obstructions, Liver, Gall, Spleen, Jaundice, Hypochondriacal, Melancholy, Dysury, Consumption, Cachexia, Watching, heat, Ague, Pestilence.

an opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondriacal Passion: it wonderfully openeth the Passages of the Urine both in young and old: It powerfully cleanseth Aposthumes and inward Ulcers in the Uritory Passages, and by the drying and temperate quality doth afterwards heal them; for which purpose the Decoction of the

Roots or Leaves in White Wine, or the Leaves chopped as Pot-herbs with a few Alisanders, and boyled in their Broth, is very effectual. And whoso is drawing towards a Consumption, or an evil disposition of the whole Body called Cachexia, by the use thereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to Bodies distempered by the heat of Ague and Fits, or otherwise: The Distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

You see here what Vertues this common Herb hath, and that's the Reason the French and Dutch so often eat them in the Spring: and now if you look a little farther, you may see plainly without a pair of Spectacles, that Foreign Physitians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.

Darnel.

IT is called Juray and Wray; in Suffex they call it Crop, it being a Pestilent Enemy amongst Corn.

Descript.]

Descript.] *This hath all the Winter long, sundry, long, fat, and rough Leaves, which when the Stalk riseth, which is slender and joynted, are narrower, but rough still; on the top groweth a long spike, composed of many heads set one above another, containing two or three husks with sharp, but short Bears or Awns at the end; the Seed is easily shaken out of the Ear, the husk it self being somewhat rough.*

Place.] The Country Husbandmen do know this too well to grow among their Corn; or in the Borders and Path-ways of other Fields that are Fallow.

Government and Vertues.] It is a malicious Plant of fullen Saturn. As it is not without some Vices, so hath it also many Vertues. The Meal of *Darnel* is very good to stay Gangrenes, and other such like fretting and eating Cankers, and putrid Sores: It also cleanseth the Skin of all Leprosies, Morphews, Ring-worms, and the like, if it be used with Salt and Raddish-roots. And being used with quick Brimstone, and Vinegar, it dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boyled in Wine and Pidgeons-dung and Linseed: A Decoction thereof made with Water and Honey, and the place bathed therewith, is profitable to the Sciatica. *Darnel*-Meal applied in a Pultis, draweth forth Splinters and broken Bones in the Flesh: The red *Darnel* boyled in red Wine and taken, stayeth the Lask and all other Fluxes, and Womens bloody Issues; and restraineth Urine that passeth away too suddenly.

Gangrenes, Cankers, Leprosie, Morphew, Ring-worms, Sciatica, Thorns, Splinters, broken bones, Diabetes.

Dill.

Descript.] **T**he common Dill groweth up with seldom more than one Stalk, neither so high nor so great usually as Fennel, being round, and with fewer joynts thereon, whose Leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasant scent: the tops of the Stalks have four branches and smaller umbles of yellow flowers, which turn into small seed somewhat flatter and thinner than Fennel-seed. The Root is somewhat small and woody, perishing every year after it hath born seed; and is also profitable, being never put to any use.

Place.] It is found usually sown in Gardens and Grounds for the purpose, and is also found wild in many places.

Government and Vertues.] Mercury hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The Dill being boyled and drunk, is good to ease swellings and Pains; it also stayeth the Belly and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the pains and windiness

Swellings, Pains, Looseness, Vomiting, Mother, Hiccough, raw Humors.

of the Mother, if they sit therein. It stayeth Hiccough, being boyled in Wine and but smelled unto, being tied to a Cloth. The Seed is of more use than the Leaves, and more effectual to digest raw and viscous humors, and is used in

Medicines,

Wind, Apofthumes, Ulcers, Terms provokes.

Medicines that serve to expel Wind and the pains proceeding there-from. The Seed being tosted and fried, and used in Oyls or Plaisters, dissolveth the Imposthumes in the Fundament, and dryeth up all moist Ulcers, especially in the Fundament, and Oyl made of Dill is effectual to warm, or resolve Humors and Imposthumes, to ease pains, and to procure rest. The Decoction of Dill, be it Herb or Seed (only if you boyl the Seed, you must bruise it) in White-Wine, being drunk, is a gallant expeller of Wind, and provoker of the Terms.

Devils-bit.

Descript.] **T**His riseth up with a round, green, smooth Stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark, green Leaves, somewhat snip'd about the edges, for the most part, being else all whole and not divided at all, or but very seldom, even to the tops of the Branches, which yet are smaller than those below, with one Rib only in the middle: At the end of each branch standeth a round Head of many Flowers set together in the same manner or more neatly than the Scabious, and of a more blewish purple colour; which being past, there followeth Seed that falleth

A Learned Tale that cost a dull Fryer seven years Study.

away, The Root is somewhat thick, but short and blackish with many strings, abiding after Seed-time many years. This Root was longer, until the Devil (as the Fryers say) bit away the rest of it for spite, envying its usefulness unto Mankind: For sure he was not troubled with any Disease for which it is proper.

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other blush-coloured Flowers.

Place.] The first growth as well in dry Meadows and Fields, and moist, in many places of this Land: But the other two are more rare and hard to meet with, yet they are both found growing wild about Appledore, near Rye in Kent.

Time.] They flower not usually until August.

Government and Vertues.] The Plant is Venereal, pleasing and harmless.

Pestilence, Feavers, Poyson, Venemous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Mother, Wind, Worms, Wounds, Scurf, Itch.

The Herb or Root (all that the Devil hath left of it) being boyled in Wine and drunk, is very powerful against the Plague, and Pestilential Diseases or Feavers, Poysons also, and the bitings of Venemous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by falls and blows, dissolving the clotted Blood, and the Herb or Root beaten and outwardly applied, taketh away the black and blue Marks that remain in the Skin. The

Decoction of the Herb, with Honey of Roses put therein is very effectual to help the inveterate Tumors and Swellings of the Almonds and Throat, by often gargling the Mouth therewith. It helpeth also to procure Womens Courtes,

and easeth all pains of the Mother, and to break and discufs Winds therein, and in the Bowels. The Powder of the Root taken in drink, driveth forth the Worms in the Body. The Juyce or distilled Water of the Herb is effectual for green Wounds, or old Sores, and cleanseth the Body inwardly, and the Seed outwardly from Sores, Scurf, Itches, Pimples, Freckles, Morpew or other Deformities thereof, *Dandriff, Pimples, Freckles.* but especially if a little Vitriol be dissolved therein.

Dock.

MAny kinds of these are so well known, that I shall not trouble you with a Description of them: my Book grows big too fast.

Government and Vertues.] All Docks are under *Jupiter*; of which the red Dock which is commonly called Blood-wort, cleanseth the Blood, and strengthens the Liver: *Cleanse the Blood, strengthens the Liver.* but the yellow Dock-root is best to be taken when either the Blood or Liver is afflicted by Choler.

All of them have a kind of cooling (but not all alike) drying quality, the Sorrels being most cold, and the Bloodworts most drying. Of the Bur-Dock I have spoken already *Flux, Loathing of Meat,* by himself. The Seed of most of the other kinds, *Spitting Blood, Scabs,* whether of the Garden or Field, to stay Lasks and *Itch, Freckles, Morpew.* Fluxes of all sorts, the loathing of the Stomach through Choler, and is helpful to those that spit Blood. The Roots boyled in Vinegar, helpeth the Itch, Scabs, and breaking out of the Skin, if it be bathed therewith. The distilled Water of the Herb and Roots hath the same Vertue, and cleanseth the Skin of Freckles, Morpew, and all other spots and discolourings therein.

All Docks being boyled with Meat, make it boyl the sooner: Besides, Blood-wort is exceeding strengthening to the Liver, and procures good Blood, being as wholesome a Pot-herb as any grows in a Garden: yet such is the nicety of our times (forsooth) that Women will not put it in the Pot, because it makes the Pottage black; Pride and Ignorance (a couple of Monsters in the Creation) preferring Nicety before Health.

Dodder of time, or Epithymum, and other Didders.

Description.] **T**His first from Seeds giveth Roots in the Ground, which shooteth forth threds or strings, grosser or finer as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be high or low. The strings have no Leaves at all upon them, but wind and interlace themselves so thick upon a small Plant, that it taketh away all comfort of the Sun from it, and is ready to choak or strangle it. After these strings are risen up to that height, that they may draw nourishment from the Plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat of the Sun. Upon these strings are found Clusters of small Heads or Husks, out of which start forth

forth whitish Flowers, which afterwards give small pale colour'd seed somewhat flat, and twice as big as Poppy-seed. It generally participates of the nature of the Plant which it climbeth upon: but the Dodder of time is accounted the best, and is the only true *Epithymum*.

Goverment and Vertues.] All Dodders are under *Saturn*. Tell not me of Physitians crying up *Epithymum*, or that Dodder which grows upon Time (most of which comes from *Hemetius* in Greece, or *Hibla* in *Sicilia*, because those Mountains abound with Time) he is a Physitian indeed that hath wit enough to chuse his Dodder according to the nature of the Disease and Humor peccant. We confess, Time is the hottest Herb it usually grows upon; and therefore that which grows upon Time, is hotter than that which grows upon colder Herbs, for it draws nourishment from what it grows upon, as well as from the Earth where its Root is; and thus you see old *Saturn* wise enough to

Melancholy, adust Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obstructions, Gall, Jaundice, Liver, Dysury.

have two strings to his Bow. This is accounted the most effectual for Melancholick Diseases, and to purge black or burnt Choler, which is the cause of many Diseases of the Head and Brain, as also for the trembling of the Heart, Faintings and Swoonings. It is helpful in all diseases and griefs of the Spleen and that of Melancholy, that ariseth from the windiness of the Hypochondria. It purgeth also the Reins or Kidneys by Urine. It openeth obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also the Liver and Spleen: purging the Veins of cholerick and flegmatick Humors, and helpeth Childrens Agues, a little Worm-seed being put thereto.

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West-Country, hath by Experience been found very effectual to procure plenty of Urine where it hath stopped or hindred. And so of the rest.

Sympathy and Antipathy are the two hinges upon which the whole Model of Physick turns, and that Physitian which minds them not, is like a Door from off the Hooks, more likely to do a Man a mischief than to secure him. Then all the Diseases *Saturn* causeth, this helps by Sympathy, and strengthens all the parts of the Body he rules; such as be caused by *Sol*, it helps by Antipathy. What those Diseases are, see my Judgment of Diseases by Astrology, and if you be pleased to look the Herb Wormwood, you shall find a Rational way for it.

Dogs-Grass, Quich-Grass, or Couch-Grass.

Descript.] **I**T is well known, that this Grass creepeth far about under ground with long white joynted Roots, and small fibres almost at every joynt very sweet in taste, as the rest of the Herb is, and interlacing one another, from whence shoot forth many long fair grossy Leaves, small at the ends, and

cutting

cutting or sharp on the edges. The stalks are joynd like Corn with the like Leaves on them, and a long spiked head with a long husk on them, and hard rough seed in them. If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

Place.] It groweth commonly through this Land in divers ploughed Grounds, to the no small trouble of the Husband-man, as also of the Gardiners in Gardens to weed it out if they can: for it is a constant Customer to the place it gets footing in.

Government and Vertues.] 'Tis a gentle Remedy under the Dominion of Jupiter. This is most medicinable of all the Quich-grassies: Being boyled and drunk, it openeth Obstructions of the Liver and Gall, and the stopping of the Urine, and easeth the griping pains of the Belly, and Inflammations, washeth the matter of the Stone in the Bladder, and the Ulcers thereof also. The Roots bruised and applied to consolidate Wounds. The Seed doth more powerfully expel Urine, and stayeth the Lask, and Vomiting. The distilled Water alone, or with a little Worm-feed, killeth the Worms in Children.

Liver, Gall, Dysury, Gripping, Inflammation, Ulcers in the Bladder, Wounds, Vomiting, Worms Stopping.

The way of use is to bruise the Roots, and having well boiled them in White-Wine, drink the Decoction; 'tis opening, but not purging, very safe: 'tis a Remedy against all Diseases coming of stopping, and such are half those that are incident to the body of Man; and although a Gardiner be of another Opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Doves-foot, or Cranes-bill.

Descript.] **T**His hath divers small, round, pale green Leaves, cut in about the edges much like Mallows, standing upon long, reddish, hairy Stalks lying in a round compass upon the ground; among which rise up two or three, or more reddish joynted slender, weak, and hairy stalks, with some such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small bright red Flowers of five Leaves a piece: after which follow small heads, with small short beaks pointed forth, as all other sorts of these Herbs do.

Place.] It groweth in Pasture Grounds, and by the Bath-sides in many places, and will also be in Gardens.

Time.] It flowreth in June, July, and August, some earlier, and some later, and the Seed is ripe quickly after.

Government and Vertues.] It is a very gentle, though Martial Plant. It is found by Experience to be singular good for the Wind-Colick, and pains thereof; as also to expel the Stone and Gravel in the Kidneys. The Decoction thereof in Wine, is an excellent good Wound-drink for those that have inward Wounds, Hurts, or Bruises, both to stay the Bleeding,

Cholick, Stone, Gravel, Wounds.

Congealed Blood, Sores, Ulcers, Fistulaes, Gout, Sinews, Ruptures.

Bleeding, to dissolve and expel the congealed Blood, and to heal the parts, as also to cleanse and heal outward Sores, Ulcers, and Fistulaes; and for green Wounds many do but bruise the Herb, and apply it to the place, and it healeth them quickly. The same Decoction in Wine fomented to any place pained with the Gout, or to Joynt-aches, or pain of the Sinews, giveth much ease. The Powder, or Decoction of the Herb taken for some time together, is found by experience to be singular good for Ruptures and Burstings in people, either young or old.

Ducks-meat.

THis is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

Government and Vertues.] Cancer claims the Herb, and the Moon will be

Inflammations, St. Antho- nies fire, Pestilence, Eyes, Swellings of the Cods, Head-ach.

Lady of it; a word is enough to a wise man. It is effectual to help Inflammations, and St. *Antho- nies* fire, as also the Gout, either applied by it self, or in a Pultis with Barley Meal. The Distilled Water hereof is by some highly esteemed against all inward Inflammations, and Pestilent Feavers; as also to

help the redness of the Eyes, and Swellings of the Cods, and of the Breasts before they be grown too much. The fresh Herbs applied to the Forehead easeth the pains of the Head-ach coming of heat.

Down, or Cotton-Thistle.

Description.] **T**His hath many large Leaves lying on the ground, somewhat in and as it were, crumpled on the edges, of a green colour on the upper side, but covered with long hairy wool or Cottony Down, set with most sharp and cruel pricks, from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes (although more seldom) white ones. The Seed that followeth in the heads, lying in a great deal of white Down, as somewhat large, long, and round, like the seed of Ladies Thistle, but somewhat paler. The Root is great and thick, spreading much, yet it usually dieth after seed-time.

Place.] It groweth on divers Ditches, Banks, and in Corn Fields, and Highways generally every where throughout the Land.

Time.] It flowreth and beareth seed about the end of Summer, when other Thistles do flower and Seed.

Government and Vertues.] Mars owns the Plant, and manifests to the World, that though it may hurt your fingers, it will help your Body, for fancy it much for these ensuing Vertues. *Pliny* and *Dioscorides* write, that the Leaves and Roots hereof taken in Drink, help

Wry Neck.

those that have a Crick in their Neck, whereby they cannot turn their Neck, but their whole Body may turn also, (sure they do not mean those that have got a Crick in their Neck, being under the Hangmans hand) *Galen* saith, that the Root and Leaves hereof

are of an heating quality, and good for such persons as have their Bodies drawn together by some *Spasm* or *Convulsion*, as it is with Children that have the *Rickets*, or rather, (as the Colledge of Physitians will have it) the *Rachites*, for which name for the Disease, they have, (in a particular Treatise lately set forth by them) Learnedly disputed, and put forth to publick View, that the World may see they have took much pains to little purpose.

Spasmus, Convulsion, Rickets.

Dragons.

They are so well known to every one that plants them in their Gardens they need no Description; if not, let them look down towards the lower end of the Stalk, and see how like a Snake they look.

Government and Vertues.] The Plant is under the Dominion of *Mars*, and therefore it would be a wonder if it should want some obnoxious quality or other; in all Herbs of that quality, the safest way is either to distil the Herb in an Alembick, in what Vehicle you please, or else to press out the Juyce, and Distil that in a Glass Still in Sand, it scoureth and cleanseth the internal parts of the Body mightily, and so doth the external parts also being externally applied, from Freckles, Morpew, and Sun-burning: your best way to use it externally, is to mix it with Vinegar: an Oyntment of it is held to be good in Wounds and Ulcers, it consumes Cankers, and that Flesh growing in the Nostrils, which they call *Polypus*. Also the distilled Water being dropped into the Eyes takes away Spots there, as also Pin and Web, and mends the dimness of Sight, it is excellent good against the Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, That no Serpent will meddle with him that carries this Herb about him.

Scoureth, Cleanseth, Freckles, Morpew, Sunburning, Wounds, Ulcers, Cankers, Polypus, Spots in the Eyes, Pin and Web, Sight helpeth, Pestilence, Poyson, Venomous Beasts.

The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun, will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf-Elder, called also Danewort, and Wallwort.

The Dwarf-Elder.

Description.] **T**his is but an Herb, every year dying with his stalks to the ground, and rising afresh every Spring, and is like unto the Elder both in form and quality, rising up with a four square rough hairy stalk, four foot high or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in umbles, very like the Elder also, but more sweet in scent, after which come small blackish Berries, full of juyce while they are fresh, where-in there lies small hard Kernels or Seed. The Root doth creep under the upper crust

crust of the ground, springing afresh in divers places, being of the bigness of ones finger or thumb sometimes.

Place. The Elder-Tree groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-Courfes.

The Dwarf-Elder groweth wild in many places of *England*, where being once gotten into a ground, it is not easily gotten forth again.

Time.] Most of Elder-Trees Flower in *June*, and their Fruit is ripe for the most part in *August*.

But the Dwarf-Elder, or Walwort flowreth somewhat later, and his Fruit is not ripe until *September*.

Government and Vertues.] Both Elder and Dwarf-Elder are under the Dominion of *Venus*. The first shoots of the common Elder boyled like A-

Flegm, Choler, Dropfie, Venomous Beasts, Mad Dogs, Terms provokes, Inflammation, Brain, Ears, Urine provokes, Sunburning, Freckles, Morpew, Head-ach, Ulcers, Palsie.

paragus, and the young Leaves and Stalks boyled in fat Broth doth mightily carry forth Flegm and Choler. The middle or inward Bark boyled in Water, and given to drink, worketh much more violent; and the Berries either green or dry expel the same humors, and is often given with good success to help the Dropfie; The Bark of the Root boyled in Wine or the Juyce thereof drunk, worketh the same effects, but more powerfully than either the Leaves or Fruit. The Juyce of the Root taken, doth mightily

provoke Vomit, and purgeth the watry humors of the Dropfie. The Decoction of the Root taken cureth the biting of the Adder, and biting of Mad Dogs; it mollifieth the hardness of the Mother, if Women sit thereon, and openeth their Veins, and bringeth down their Courses: The Berries boyled in Wine performeth the same effect; and the Hair of the Head washed therewith is made black. The Juyce of the green Leaves applied to the hot inflammations of the Eyes asswageth them. The Juyce of the Leaves snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juyce of the Berries boyled with a little Honey and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk provoketh Urine. The distilled Water of the Flowers is of much use to clear the Skin from Sunburning, Freckles, Morpew, or the like; and taketh away Head-aches coming of a cold cause, the head being bathed therewith. The Leaves or Flowers distilled in the Month of *May*, and the Legs often washed with the said distilled Water, it taketh away the Ulcers and Sores of them: The Eyes washed therewith, it taketh away the redness and Blood-shot. And the Hands washed morning and evening therewith, helpeth the Palsie, and shaking of them.

The Dwarf-Elder is more powerful than the common Elder, in opening and purging Choler, Flegm, and Water, in helping the Gout, Piles, and Womens Diseases, coloureth the Hair black, helpeth the Inflammations in the Eyes, and pains in the Ears, the biting of Serpents, or a mad Dog.

Gout, Inflammation, Burning, Scalding, Cholick, Stone, Dysury.

Dog, Burnings and Scaldings, the Wind-Cholick, Cholick and Stone, the difficulty of Urine, the cure of old Sores, and Fistulous Ulcers.

Either Leaves or Bark of Elder stripped upwards as you gather it, causeth Vomiting; but stripped downwards, it purgeth downwards. Also Dr. Butler in a Manuscript of his, commends Dwarf-Elder to the Sky for Dropsies, viz. To drink it being boyled in White-Wine to drink the Decoction I mean, not the Elder.

The Elm-Tree.

THis Tree is so well known, growing generally in all Countries of this Land, that it is needless to describe it,

Government and Vertues.] It is a cold and Saturnine Plant. The Leaves hereof bruised and applied, healeth green Wounds being bound thereon with its own Bark. The Leaves on the Bark used with Vinegar, cureth Scurf and Leprosie very effectually: The Decoction of the Leaves, Bark or Root, being bathed, heals broken Bones. The Water that is found in the Bladders on the Leaves, while it is fresh, it is very effectual to cleanse the Skin and make it fair; and if Cloaths be often wet therein, and applied to the Ruptures of Children, it helpeth them, if they be after well bound up with a Truss. The said Water put into a Glas and set into the Ground, or else in Dung for twenty five days, the mouth thereof being close stopped, and the bottom set upon a lay of ordinary Salt, that the Feces may settle, and Water become very clear, is a singular and soveraign Balm for green Wounds, being used with soft Tents; The Decoction of the Bark of the Root semented, mollifieth hard Tumors, and the shrinking of the Sinews. The Root of the Elm boiled for a long time in Water, and the fat rising on the top thereof being clean scummed off, and the place anointed therewith that is grown bald, and the Hair fallen away, will quickly restore them again. The said Bark ground with Brine and Pickle, until it cometh to the form of a Pultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in Water, is excellent to bath such places as have been burned with fire.

Endive.

Description.] **C**ommon Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one year, quickly running up to Stalk and Seed, and then perissheth: It hath blew Flowers, and the Seed of the ordinary Endive is so like Succory-seed, that it is hard to distinguish them.

Government and Vertues.] It is a fine cooling, cleansing, Jovial Plant. The Decoction of the Leaves, or the Juyce, or the distilled Waters of Endive serveth

Agues, Sharpness, Liver, Stomach, of Urine, and Excoriations thereby Passions of the Heart, Ulcers, Swellings, Eyes, Gout.

serveth well to cool the excessive heat in the Liver and Stomach, and in the hot fits of the Agues, and all other Inflammations in any part of the Body, it cooleth the heat and sharpness of the Urine, the Excoriations in the Uritory parts; The Seed is of the same property, or rather more powerful; and besides is available for the Fainting, Swoonings, and passions of the Heart. Outwardly applied they serve to temper the sharp humors of fretting Ulcers, hot Tumors and Swellings, and Pestilential Sores; and wonderfully help not only the redness and inflammations in the Eyes, but the dimness of the sight also: They are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Feavers. See the end of this Book, and the *English Dispensatory*.

Elicampane.

Description. **I**T shooteth forth many large Leaves long and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper-side, and gray underneath, each set upon a short foot-stalk; from among which rise up divers great, and strong hairy Stalks three or four foot high, with some Leaves thereupon compassing them about at the lower ends, and are branched toward the tops, bearing divers great and large Flowers, like those of the Corn-Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Down with long, small, brownish Seed among it, and is carried away with the wind. The Root is great and thick, branched forth divers ways, blackish on the out-side, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the Plant having any smell.

Place.] It groweth in the moist Grounds and shadowy places; oftner than in the dry and open borders of Fields and Lanes, and in other waste places, almost in every Country of this Land.

Time.] It flowreth in the end of June and July, and the seed is ripe in August. The Roots are gathered for use, as well in the Spring before the Leaves come forth, as in Autumn or Winter.

Government and Vertues.] It is a Plant under the Dominion of Mercury. The fresh Roots of Elicampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and windy Stomach, or the pricking therein, and stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, serveth to the same purpose, and is also profitable for those that have the Urine stopped, or the stopping of Womens Courfes, the pains of the Mother, or of the Stone in the Reins, Kidneys, or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also of putrid and Pestilential Feavers.

Urine stopped, or the stopping of Womens Courfes, the pains of the Mother, or of the Stone in the Reins, Kidneys, or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also of putrid and Pestilential Feavers.

and the Plague it self. The Roots and Herb beaten, and put into new Ale or Beer, and daily drunk, clear-eth, strengtheneth and quickneth the sight of the Eyes wonderfully. The Decoction of the Roots in VVine, or the Juyce taken therein, killeth and driveth forth all manner of VVorms in the Belly, Stomach and Maw; and gargled in the Mouth, or the Root chewed fastneth loose Teeth, and helpeth to keep them from Putrefaction: and being drunk, is good for those that spit Blood, helpeth to remove Cramps or Convulsions, and the pains of the Gout, the Sciatica, the looseness and pains in the Joynts, or those Members that are out of Joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly, and is good for those that are Bursten, or have any inward Bruise. The Roots boiled well in Vinegar, beaten afterwards, and made into an Oyntment with Hogs-Suet, or Oyl of Trotters is an excellent Remedy for Scabs or Itch in young or old: The places also bathed or washed with the Decoction doth the same: It also helperth all sorts of filthy, old putrid Sores or Cankers whatsoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid: The distilled VVater of the Leaves and Roots together, is very profitable to cleanse the Skin of the Face, or other parts, from any Morpew, Spots or Blemishes therein, and make it clear.

Mother, Stone, Poyson, venomous Beasts, Pestilence, Eyes, Worms, loose Teeth, spitting Blood, Cramps, Convulsions, Gout, Joynts, Itch, Cankers, Freckles, Morpew, Spots.

Eringo, or Sea-Holy.

Description.] The first Leaves of our ordinary Sea-Holy, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the edges, hard, and sharp pointed, and a little crumpled, of a blewish green colour, every one upon a Foot-stalk: but these that grow up higher with the Stalk, do as it were compass it about. The Stalk it self is round and strong, yet somewhat crested with Joynts, and Leaves set thereat, but more divided, sharp and prickly; and branches rising from thence, which have likewise other small Branches, each of them bearing several blewish round prickly heads, with many small jagged, prickly Leaves under them, standing like a Star, and sometimes found greenish or whitish: The Root groweth wonderful long, even to eight or ten foot in length, set with Rings and Circles, toward the upper part, but smooth and without Joynts down lower, brownish on the out-side, and very white within, with a pitch in the middle, of a pleasant taste, but much more being artificially preserved, and candied with Sugar.

Place.] It is found about the Sea-Coast, in almost every Country of this Land which bordereth upon the Sea.

Time.] It flowreth in the end of Summer, and giveth ripe Seed within a month after.

Government and Vertues.] The Plant is Venereal, and breedeth Seed exceedingly, and strengthens the Spirit Procreative; it is hot and moist, and under the Coelestial Balance. Seed breedeth, Obstruction, Spleen, Liver.

effectual

Yellow Jaundice, Dropfie, Colick, Dysury, Strangury, Reins, French Pox, Kings-Evil, Venomous Beasts, Thorns, broken Bones, Splinters, Aposthumes, Melancholy, Quartan and Quotidian Agues, wry Necks.

effectual to open Obstructions of the Spleen and Liver, and helpeth Yellow Jaundice, the Dropfie, the pains of the Loins, and Wind-Colick, provoketh Urine, and expelleth the Stone, procureth Womens Courses. The continued use of the Decoction for fifteen days: taken fasting, and next to bedward, doth help the Strangury, the Pissing by Drops, the stopping of Urine, and Stone, and all defects of the Reins and Kidneys; and if the said drink be continued longer, it is said that it perfectly cureth the Stone, and that Experience hath found it

so: It is found good against the French Pox. The Root bruised and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings-Evil; or taken inwardly and applied to the place stung or bitten by any Serpent, healeth it speedily. If the Roots be bruised and boiled in old Hogs-grease, or salted Lard, and applied to broken Bones, Thorns, &c. remaining in the Flesh, they do not only draw them forth but heal up the place again, gathering new Flesh where it was consumed: The Juyce of the Leaves dropped into the Ears, helpeth Imposthumes therein: The distilled Water of the whole Herb when the Leaves and Stalks are young, is profitably drunk for all the purposes aforesaid; and helpeth the Melancholy of the Heart, and is available in Quartan and Quotidian Agues, as also for them that have their Necks drawn awry, and cannot turn them without turning their whole Body.

Eye-bright.

Descript.] **C**ommon Eye-bright is a small low Herb, rising up usually but with one blackish green Stalk, a span high, or not much more, spread from the bottom into sundry branches, whereon are set small and almost round, yet pointed dark green Leaves, finely snipped about the edges, two always set together, and very thick: At the Joynts with the Leaves from the middle upward, come forth small white Flowers striped with purple and yellow spots or stripes; after which follow small round Heads with very small Seed therein. The Root is long, small, and threddy at the end.

Place.] It groweth in many Meadows, and grassie places in this Land.

Government and Vertues.] It is under the Sign of the Lyon, and Sal claims Dominion over it. If this Herb were but as much used as it is neglected, it would half spoil the Spectacle-Makers Trade; and a Man would think, That Reason should teach People to prefer the preservation of their Natural, before Artificial Spectacles: which that they may be instructed how to do, take the Vertues of Eye-bright as followeth:

The Juyce or distilled Water of Eye-bright taken inwardly in White-Wine or Broth, or dropped into the Eyes for divers days together, helpeth all Infirmities of the Eyes that cause dimness of Sight: Some make Conserve of the Flowers to the same effect. Being used any

Eyes, Dimness, Brain, Memory:

these ways, it also helpeth a weak Brain or Memory. This tunned up with strong Beer that it may work together, and drunk. Or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel-seeds, and drunk or eaten with Broth. Or the said Powder made into an Electuary made with Sugar and taken, hath the same powerful effect to help and restore the Sight decayed through age; and *Arnoldus de villa nova* saith, It hath restored Sight to them that have been blind a long time before.

Fern.

Description.] **O**F this there are two kinds principally to be treated of, viz. The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided, or dented, and of a strong smell as the Male, the Vertues of them are both alike, and therefore I shall not trouble you with any Description or distinction of them.

Place.] They grow both on Heaths, and in shady places near the Hedgesides in all Countreys of this Land.

Time.] They flower and give their seed at Midsummer.

The Female Fern is that Plant which is in *Sussex* called *Brakes*, the Seed of which some Authors hold to be so rare: such a thing there is I know, and may be easily had upon Midsummer-Eve, and for ought I know, two or three days before or after it, if not more.

Government and Vertues.] It is under the Dominion of *Mercury*, both the Male and the Female. The Roots of both these sorts of Ferns, being bruised and boiled in Mead, or Ponyed Water and drunk,

killeth both the broad and long Worms in the Body, Worms, Spleen, Cholera, abateth the swelling and hardness of the Spleen. Flagm, Stomach, Wound, The green Leaves eaten, purge the Belly and cholerick and watrish humors, but it troubles the Stomach. Ulcers, Serpents, Gnats, Venomous Beasts. They are dangerous for Women with Child

to meddle with, by reason they cause Abortment. The Roots bruised and boiled in Oyl, or Hogs-grease, make a very profitable Ointment to heal Wounds or Pricks gotten into the Flesh. The Powder of them used in foul Ulcers, dryeth up their Malignant moisture, and causeth their speedier healing. Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noisome Creatures, which in Fenny Countreys do in the night time trouble and molest people lying in their Beds with their faces uncovered: it causeth Barrenness.

Osmond Royal, or Water-Fern.

Description.] **T**HIS shooteth forth in the Spring-time (for in the Winter the Leaves perish) divers rough hard Stalks, half round and hollowish, or flat on the other side, two foot high, having divers branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the edges as the former. From the top of some of these stalks grow forth a long bush of small, and more yellowish green, scaly, Aglets; as it were set in the same manner on the Stalks as the Leaves are, which are accounted the Flowers and Seeds. The Root is rough, thick, and scabby,

with a white Pish in the middle, which is called the Heart thereof.

Place.] It groweth on Moors, Bogs, and watry places in many parts of this Land.

Time.] It is green all the Summer, and the Root only abideth in Winter.

Government and Vertues.] Saturn owns the Plant. This hath all the Vertues mentioned in the former Ferns, and is much more effectual than they, both for inward and outward Grieffs, and is accounted singular good in Wounds, Bruises, or the like. The Decoction to be drunk or boiled into an Oyntment, or Oyl, as the Balsom or Balm, and so is it singular good against Bruises, and Bones broken or out of

Joynt, and giveth much ease to the Colick, and Splenetick Diseases; as also for Ruptures or Burstings. The Decoction of the Roots in White-Wine, provokes Urine exceedingly, and cleanseth the Bladder and Passages of Urine.

Featherfew.

Descript.] Common Featherfew hath many large, fresh, green Leaves, very much torn or cut on the edges. The Stalks are hard and round, set with many such like Leaves, but somewhat smaller, and at the tops stand many single Flowers upon small Foot-stalks, consisting of many small white Leaves, standing round about a yellow thrumb in the middle. The Root is somewhat hard and short, with many strong fibres at it. The scent of the whole Plant is very strong, and stuffing, and the taste is very bitter.

Place.] This grows wild in some places of this Land, but it is for the most part nourished in Gardens.

Time.] It flowreth in the Months of June and July.

Government and Vertues.] Venus commends the Herb, and hath commended it to succour her Sisters (Women) and to be a general strengthener of their Wombs, and remedy such Infirmities as a careless Midwife hath there caused, if they will but be pleased to make use of her Herb boyled in White-Wine, and drink the Decoction, it cleanseth the Womb, expelleth the After-birth, doth the VVoman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in VVinter, tell them, if they please, they may make a Syrup of it in Summer.

Mother, Womb, Terms provokes, Dead Birth, After-birth, Congh, Reins, Bladder, Choler, Flegm, Melancholy, Sadness, Head-ach, Ague, Deformity of the Skin, Wind-Colick, Opium.

It is chiefly used for the Diseases of the Mother, whether it be the strangling or rising of the Mother, or Hardness, or Inflammations of the same, applied outwardly thereunto. Or a Decoction of the Flowers in VVine, with a little Nutmeg or Mace put thereto, and drunk often in a day, is an approved Remedy to bring down VVomens Courses speedily, and helpeth to expel the Dead-birth and After-birth. For a VVoman to sit over the hot fumes of the Decoction of the Herb made in VVater or VVine, is effectual also for the same: and in some cases, to apply the boyled

Herb warm to the Privy Parts. The Decoction thereof made with some Sugar

or Honey put thereto, is used by many with good success, to help the Cough and stuffing of the Chest by cold; as also to cleanse the Reins and Bladder, and helps to expel the Stone in them. The Powder of the Herb taken in Wine, and some Oxymel, purgeth both Choler and Flegm, and is available for those that are short winded, and are troubled with Melancholy, and heaviness or sadness of Spirits. It is very effectual for all pains in the Head coming of a cold cause, the Herb being bruised and applied to the crown of the Head: as also for the Vertigo, that is, a turning or swimming of the Head. The Decoction thereof drunk warm, and the Herb bruised with a few Corns of Bay-salt, and applied to the wrists before the coming of the Ague-fits, doth take them away. The distilled Water taketh away Freckles, and other spots and deformities in the Face. The Herb bruised and heated on a Tile, with some Wine to moisten it; or fryed with a little Wine and Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth the Wind and Colick in the lower part of the Belly. It is an especial Remedy against Opium taken too liberally.

Fennel.

Every Garden affordeth this so plentifully, that it needeth no Description. *Government and Vertues.* One good old Fashion is not yet left off, viz. To boil Fennel with Fish; for it consumes that flegmatick humor which Fish most plentifully affords and annoys the body by, therefore it is a most fit Herb for that purpose, though few that use it, know why or wherefore they do it. I suppose the reason of its benefit this way is, because it is an Herb of Mercury and under *Virgo*, and therefore bears Antipathy to *Pisces*. Fennel is good to break Wind, to provoke Urine, and ease the pains of the Stone, and help to break it. The Leaves or Seeds boiled in Barley-water and drunk, are good for Nurses to encrease their Milk, and make it more wholesome for the Child. The Leaves or rather the Seed boiled in Water, stayeth the Hiccough, and taketh away the hoarseness which oftentimes hapneth to the Stomachs of the sick and feaverish persons, and allayeth the heat thereof. The Seed boiled in Wine and drunk, is good for those that are bitten with Serpents, or have eaten poysonful Herbs or Mushrooms. The Seed and the Root much mote helpeth to open Obstructions of the Liver, Spleen and Gall, and thereby helpeth the painful and windy swellings of the Spleen, and the Yellow Jaundice; as also the Gout and Cramps. The Seed is of good use in Medicines to help shortness of Breath and wheezing by stopping of the Lungs. It helpeth also to bring down the Courfes, and to cleanse the parts after delivery. The Roots are of most use in Physick-Drinks and Broths that are taken to cleanse the Blood, to open obstructions of the Liver, to provoke Urine, and amend the ill colour in the Face After-sicknesses; and cause a good habit through the Body. Both Leaves, Seeds, and Roots thereof are much used in Drinks or Broths, to make people more spare

Wind, Dysury, Stone, encrease Milk, amends Milk, Hiccough, Loathing of Meat, Venomous Beasts, Poyson, MASHOMS, Obstructions in the Liver, Spleen, and Gall, Yellow Jaundice, Gout, Cramp, Wheezing, Terms, Delivery, After-delivery, Cleanse, Open, Fatness, Eyes.

and lean that are too fat. The distilled Water of the whole Herb, or the condensate Juyce dissolved, but especially the natural Juyce that in hot Countrey issueth out thereof of its own accord, dropped into the Eyes, cleanseth them from mists and films that hinder the Sight. The sweet Fennel is much weaker in Physical uses than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its dryness.

Sow-Fennel, or Hogs-Fennel.

Besides the common Name in English, Hogs-Fennel, and the Latin Name *Peusidanum*, it is called Hoar-strange, and Hoarstrong, Sulphur-wort, and Brimstone-wort.

Descript.] *The common Sow-Fennel hath divers branched Stalks of thick and somewhat long Leaves, three for the most part joyned together at a place, among which riseth a crested straight Stalk, less than Fennel, with some joyned thereon, and Leaves growing thereat, and towards the tops some branches issuing from thence: likewise on the tops of the Stalks and Branches, stand divers tufts of yellow Flowers, where after grow somewhat flat, thin, and yellow Seed bigger than Fennel-seed. The Root groweth great and deep, with many other parts and fibres about them, of a strong scent like hot Brimstone, and yieldeth forth a yellowish Milk, or clammy juyce almost like a Gum.*

Place.] It flowreth plentifully in the salt low Marshes, near by Feverish in Kent.

Time.] It flowreth and seedeth in *July* and *August*.

Government and Vertues.] This also is an Herb of Mercury. The Juyce of Sow-Fennel (saith *Dioscorides* and *Galen*) used with Vinegar and Rose-water,

the Juyce with a little Euphorbium put to the n helpeth those that are troubled with the Lethargie, the Frenzie, the turning, or giddiness of the Head, the Falling-sickness, long and inveterate Head-ache, the Palsie, Sciatica, and the Cramp, and generally all the diseases of the Sinews used with Oyl and Vinegar; The Juyce dissolved in VVine, or put in an Egg, is good for the Cough, or shortness of Breath, and for those that are troubled with wind in the Body. It purgeth the Belly gently, helpeth the hardness of the Spleen, giveth ease to VVomen that have sore Travel in Child-birth; and easeth the pain of the Reins and Bladder, and also the VVomb. A little of the Juyce dissolved in VVine, and dropped into the Ears, easeth much of the pains in them; put into a hollow Tooth, easeth the pains thereof. The Root is less effectual in all the aforesaid Diseases: yet the Powder of the Root cleanseth foul Ulcers being put into them, and taketh out Splinters of broken Bones, or other things in the Flesh, and healeth them up perfectly: as also it dryeth up old and inveterate running Sores, and is of admirable Vertue in all green VVounds.



Figwort, or Throatwort.

Descript.] Common great Figwort sendeth diuers great, strong, hard, square brown Stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joynt, which are harder and larger than Nettle-leaves, but not stinging: At the tops of the stalks stand many purple Flowers, set in husks, which are somewhat gaping and open, somewhat like those of Water Betony: after which come hard round heads, with a small point in the middle, wherein lie small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in Winter.

Place.] It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

Time.] It flowreth about July, and the Seed will be ripe about a month after the Flowers are fallen.

Government and Vertues.] Some Latin Authors call it *Cervicaria*, because 'tis appropriated to the Neck; and we, *Throatwort*, because it is appropriated to the Throat. *Venus* owns the Herb, and the *Cœlestial Bull* will not deny it, therefore a better Remedy cannot be better for the Kings-Evil, because the *Moon* that rules the Disease is exalted there, nor for any Disease in the Neck, the rest of the Diseases specified, you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of this Herb taken inwardly, and the bruised Herb applyed outwardly, dissolveth clotted and congealed Blood within the Body, coming by any Wound, Bruise or Fall; and is no less effectual for the Kings-Evil, or any other Knobs, Kernels, Bunches or Wens growing in the flesh wheresoever; and for the Hemorrhoids, or Piles, or other Knobs or Kernels, which sometimes grow about the Fundament. An Ointment made thereof, may be used at all times when the fresh Herb is not to be had. The distilled Water of the whole Plant, Roots and all, is used for the same purposes, and dryeth up the superfluous virulent moisture of hollow and corroding Ulcers: it taketh away all redness, spots, and freckles in the Face, as also the Scurf, or any foul deformity therein, and the Leprosie likewise.

Congealed Blood by Wound, Bruise or Fall, Kings-Evil, Wens, Hemorrhoids, Fundament, Ulcers, Scurf, Spots, Freckles, Deformity, Leprosie.

Filipendula, or Dropwort.

Description.] This sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Tansie, or rather Agrimony, but harder in handling; among which rise up one or more stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other branches spreading at the top into many white sweet smelling Flowers, consisting of five Leaves a piece, with some threads in the middle of them standing together in a Tuft or Umbel, each upon a small Foot-stalk, which after they have been

The English Physitian Enlarged.

open and blown a good while, do fall away, and in their places appear small, round, chaffie Heads like Bottoms, wherein are the chaffie Seed set and placed. The Root consists of many small, black, tuberous pieces, fastned together by many small, long, blackish strings, which run from one another.

Place.] It groweth in many places of this Land, in the Corners of dry Fields and Meadows, and their Hedge sides.

Time.] They flower in June and July, and their Seed is ripe in August.

Government and Vertues.] It is under the Dominion of *Venus*, and is very effectual to open the passages of the Urine, and

Dysury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheezing, Hoarsnes, Cough, Flegm. helpeth the Strangury, and all other pains of the Bladder and Reins, helpeth mightily to expel the Stone in the Kidneys or Bladder, and the Gravel also, and these are done by taking the Roots in Powder, or a Decoction of them in White-Wine, whereunto

a little Honey is added. The same also helpeth to expel the After-birth. The Roots made into Powder, and mixed with Honey into the form of an Electuary, doth much help them whose Stomachs are swollen, dissolving and breaking the Wind which is the cause thereof, and is also very effectual for all the Diseases of the Lungs, as shortness of Breath, Wheezing, hoarsness of the Throat, and the Cough, and to expectorate tough Flegm, or any other parts thereof. It is called *Dropwort*, because it helps such as Piss by Drops.

The Fig-Tree.

FOR to give a Description of a Tree so well known to every body that keeps it in their Garden, were needless. They prosper very well in our English Gardens: yet are fitter for Medicine than for any other profit which is gotten by the Fruit of them.

Government and Vertues.] The Tree is under the Dominion of *Jupiter*. The Milk that issueth out from the Leaves or Branches when they are broken

Warts, Head sore, Leprosie, Morpew, Scurf, Scab, Sores, Ulcers, Blood congealed, caused by Bruises or Falls, Bloody-flux, Kibes, Chilblains, Tooth-ach, Noise in the Ears, Deafness, biting of mad Dog, venomous Beasts, Cough, Hoarsness, shortness of Breath, Breast, Lungs, Dropsie, Falling-sickness, Lice. off being dropped upon Warts taketh them away. The Decoction of the Leaves of a Fig-tree is excellent good to wash sore Heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears the Face also of Morpew, and the Body of white Scurf, moist Scabs, and running Sores; if it be dropped into old fretting Ulcers, it cleanseth out the moisture, and bringeth up the flesh: because you cannot have the Leaves green all the year, you may make an Ointment of them whilst you may. A Decoction of the Leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed Blood caused by Bruises or Falls, and helps the Bloody-flux. The Ashes of the Wood made into an Ointment with Hogs-grease, helps Kibes and Chilblains.

The Juyce being put into a hollow Tooth, easeth pain, as also pain and noise in the

the Ears; being dropped into them, and deafness. An Ointment made of the joyce and Hogs-grease, is as excellent a Remedy for the biting of mad Dogs or other venomous Beasts as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarseness, or shortness of Breath, and all Diseases of the Breast and Lungs: It is excellent good for the Dropisie, and Falling-sickness. They say that the Fig-Tree as well as the Bay-Tree is never hurt by Lightning; as also that a Bull if he be never so mad, if you tie him to a Fig-Tree, will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Igoticks; yet some Authors say the eating of them make people Loufie.

The yellow Water-flag, or Flower-de-luce.

Descript.] **T**His growing like the Flower-de-luces, but it hath much longer and narrower sad green Leaves joyned together in that fashion; the Stalk also growing oftentimes as high, bearing small yellow Flowers shaped like the Flower-de-luce with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the Flower-de-luce hath, this hath only three short pieces standing in their places, after which succeed thick and long three square heads, containing in each part somewhat big and flat seed, like to those of the Flower-de-luces. The Root is long and slender, of a pale brownish colour on the out-side, and of a Horse-flesh colour on the in-side, with many hard fibres thereat, and very harsh in taste.

Place.] It usually grows in watry Ditches, Ponds, Lakes, and Moor-fides, which are always over-flown with Water.

Time.] It flowreth in July, and the Seed is ripe in August.

Government and Vertues.] It is under the Dominion of the Moon. The Root of the Water-flag is very astringent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of Blood or Humors, as bleeding at Mouth, Nose or other parts, bloody Fluxes, and the immoderate Flux of Womens Courfes. The distilled Water of the whole Herb, Flowers and Roots, is a Sovereain good Remedy for watering Eyes both to be dropped into them, and to have Cloaths or Spunges wetted therein and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in other parts: The said Water fomented on swellings and hot inflammations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers, called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of Man or Woman, or elsewhere. An Ointment made of the Flowers, is better for these external applications.

Binds, Cools, Dries, Flux, Bloody Flux, Bleeding, Terms stops, Eyes, Spots, Blemishes, Inflammations, Sore Breasts, Cankers, Ulcers, Noli me tangere.

Flax-weed, or Toad-weed.

Description.] **O**ur common Flax-weed hath divers Stalks full fraught with long and narrow blue or ash coloured Leaves, and from the middle

middle of them almost upward, stored with a number of pale yellow flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seed in round heads. The Root is somewhat woody and white, especially the main down-right one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place.] This groweth throughout this Land, both by the Way-sides in Meadows, as also by Hedge-sides, and upon the sides of Banks and Borders of Fields.

Time.] It flowreth in Summer, and the Seed is ripe usually before the end of August.

Government and Vertues.] Mars owns the Herb: In *Suffex* we call it Gallwort, and lay it in our Chickens Water to Cure them of the Gall, I think, I am sure it relieves them when they are drooping.

Dysury, Dropsie, Obstructions of the Liver, Yellow Jaundice, Dead Child, and After-birth, Inflammations, Eyes, Ulcers, Cankers, Fistulae, Leprosie, Scabs, Pimples, Freckles.

This is frequently used to provoke Urine being stopped, and so spend the abundance of those watry humors by Urine, which cause the Dropsie. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drunk, doth somewhat move the Belly downwards, openeth Obstructions of the Liver, and helpeth the Yellow Jaundice, expelleth Poyson, provoketh Womens Courses, driveth forth the dead Child, and After-birth. The distilled Water of the

Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the Seeds, or bark of the Root of Walwort, and a little Cinnamon for certain days together, is held a singular Remedy for the Dropsie: the Juyce of the Herb, or the distilled Water dropped into the Eyes, is a certain Remedy for all heat, inflammations and redness in them. The Juyce or Water put into foul Ulcers whether they be cancerous or fistulous, with Tents rouled therein, or parts washed or injected therewith, cleanseth them thoroughly from the bottom, and healeth them up safely. The same Juyce or Water also cleanseth the Skin wonderfully of all sorts of deformity thereof, as Leprosie, Morphew, Scurf, Wheals, Pimples, or any other spots or marks in the Skin, applied of it self, or used with some Powder of Lupines.

Fleawort.

Descript.] **O**rdinary Fleawort riseth up with a Stalk two foot high or more, full of joynts and branches on every side up to the top, and at every joynt two small, long, and narrow whitish green Leaves, somewhat hairy: At the tops of every Branch stand divers small short scaly or chaffy heads, out of which come forth small whitish yellow threds, like to those of the Plantane-herbs, which are the bloomings or flowers. The Seed inclosed in those heads, is small and skining while it is fresh, very like unto Fleas both for colour and bigness, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perishing every year, and rising again of its own Seed for divers years, if it be suffered to sked: The whole Plant is somewhat whitish and hairy, smelling somewhat like *Roxin*.

There

There is another sort hereof differing not from the former in the manner of growing, but only that his Stalk and Branches being somewhat greater, do a little more bow down to the ground: The Leaves are somewhat greater, the heads somewhat lesser, the Seed alike; and the Root and Leaves abide all the Winter, and perish not as the former.

Place.] The first groweth only in Gardens, the second plentifully in Fields that are near the Sea.

Time.] They flower in July or thereabouts.

Government and Vertues.] The Herb is cold, dry and Saturnine. I suppose it obtained the name Fleawort, because the Seeds are

so like Fleas. The Seed fryed, and so taken, stayeth the Flux or Lask of the Belly, and the Corrosions that come by reason of hot cholerick or sharp and malignant Humors, or by the too much purging of any violent Medicine, as Scammony, or the like. The Mucilage of the Seed made with Rose-water, and a little Sugar-Candy put thereto, is very good in all hot Agues and burning Feavers, and other Inflammations to cool the thirst, and lenise the dryness and roughness of the Tongue and Throat. It helpeth also hoarseness of the Voice, and Diseases of the Breast and Lungs caused by heat, or sharp salt humors, and the Frensie also. The Mucilage of the Seed made in Plantane-

Flux, Corrosion, Cholerick humors, Agues, Feavers, Inflammation, Thirst, Hoarsness, salt Humors, Pleurisie, Hemorrhoids, Head-ach, Megrim, Imposthumes, Blains, Wheals, Puskes, Purples, Gout, Joynts, Sciatica, Nipples, sore Breasts, Ears, Worms, Ulcers.

water, whereunto the yolk of an Egg or two, and a little Populeon is put, is a most safe and sure Remedy to ease the sharpness, prickings, and pains of the Hemorrhoids or Piles, if it be laid on a Cloth and bound thereto. It helpeth also all Inflammations in any part of the Body, and the pains that come thereby, as the Head-ach and Megrim, and all hot Imposthumes or Swellings or breaking out of the Skin, as pains of the Joynts, and of those that are out of Joynt; the Blains, Wheals, Puskes, Purples, and the like; as also the pains of the Gout and Sciatica, the bursting of young Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and sore Breasts of Women, being often applied thereunto. The Juyce of the Herb with a little Honey put into the Ears, helpeth the ruming of them, and the Worms breeding in them: The same also mixed with Hogs-grease, and applyed to corrupt and filthy Ulcers and Sores, cleanseth and healeth them.

Flixweed.

Description.] IT riseth up with a round upright hard Stalk, four or five foot high, spread into sundry Branches, whereon grow many grayish green Leaves very finely cut and severed into a number of short and almost round parts. The Flowers are very small and yellow, growing spike-fashion, after which come small long Pods, with very small yellowish Seed in them. The Root is long and woody, perishing every year.

There

There is another sort differing in nothing, save only it hath somewhat broader Leaves: They have a strong evil savour being smelt unto, and are of a drying taste.

Place.] They grow wild in the Fields by Hedge-sides, and High-ways, and among Rubbish, and many other places.

Time.] They flower and seed quickly after, namely in *June* and *July*.

Government and Vertues.] This Herb is *Saturnine* also. Both the Herb and Seed of *Flixweed*, is of excellent use to stay the Flux or Lask of the Belly, being drunken in Water wherein Gads of Steel heated have been often quenched; and is no less effectual for the said purpose than Plantane or Comfry, and to restrain any other Flux of Blood in Man or Woman, as also consolidate

Bones broken, or out of Joynt. The Juyce thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach and Belly, or the Worms that grow in putrid and filthy Ulcers: and made into a Salve, doth quickly heal all old Sores, how foul or malignant soever they be. The distilled Water of the Herb worketh the same effects, although somewhat weaker, yet it is a fair Medicine, and more acceptable to be taken.

It is called *Flixweed*, because it cures the Flux, and for its uniting broken Bones, &c. *Paracelsus* extols it to the Skies. It is fitting Syrups, Ointments, and Plaisters of it, were kept in your Houses.

Flower-de-luce.

IT is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

Time.] The flaggy kinds thereof have the most Physical uses; the dwarf kinds thereof flower in *April*, the greater sorts in *May*.

Government and Vertues.] The Herb is *Lunar*. The Juyce or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Honey drunk, doth purge and cleanse the Stomach of gross and tough Flegm and Choler therein; it helpeth the Jaundice, and the Dropsie, by evacuating those humors both upwards and downwards, and because it somewhat hurteth the Stomach, is not to be taken with Honey and Spikenard. The same being drunk, doth ease the pains and torments of the Belly and Sides, the shaking of Agues, the Diseases of the Liver and Spleen, the Worms in the Belly, the Stone in the Reins, Convulsions or Cramps that come of cold Humors; it also helpeth those whose Seed passeth from them unawares: It is a Remedy against the Bitings and Stingings of Venomous Creatures, being boyled in Water and Vinegar, and drunk.

Being

Being boyled in Wine and drunk, it provoketh Urine, helpeth the Colick, bringeth down Womens Courses; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate rough Flegm: It much easeth pains in the Head, and procureth Sleep: Being put into the Nostrils, it procureth Sneezing, and thereby purgeth the Head of Flegm: The Juyce of the Root applied to the Piles or Hemorrhoids, giveth much ease. The Decoction of the Roots gargled in the Mouth, easeth the Tooth-ach, and helpeth a stinking Breath. Oyl called *Oleum Irinum*, if it be rightly made of the great broad flag *Flower-de-luce* (and not of the great bulbous blew *Flower-de-luce*, as is used by some Apothecaries) and Roots of the same of the flaggy kinds, is very effectual to warm and comfort all cold joynts and sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth tumors or swellings in any part of the Body, as also of the Matrix: It helpeth the Cramp, or Convulsion of the Sinews: the Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum distilling from thence; and used upon the Breast or Stomach, helpeth to extenuate the cold tough Flegm. It helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self either green, or in Powder, helpeth to cleanse, heal, and incarnate Wounds, and to recover the naked Bones with Flesh again, that Ulcers have made bare; and is also very good to cleanse and heal up Fistulaes and Cankers that are hard to be cured.

Fluellin, or Lluellin.

Description.] **I**T shooteth forth many long branches, partly lying upon the Ground, and partly standing upright, set with almost round Leaves, yet a little pointed, and sometime more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour; at the Joynts all along the Stalks, and with the Leaves come forth small Flowers, one at a place, upon a very small short Foot-stalk, gaping somewhat like Snap-dragons, or rather like Toad-flax, with the upper jaw of a yellow colour, and the lower of a purplish, with a small heel or spur behind; after which come forth small round heads containing small black seed. The Root is small and threddy, dying every year, and raiseth it self again of its sowing.

There is another sort of Lluellin which hath longer Branches, wholly trailing upon the ground, two or three foot long, and somewhat more thinner set with Leaves thereon, upon small Foot-stalks. The Leaves are little larger and somewhat round, and cornered sometimes in some places on the Edges; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were Ears, somewhat hairy, and of a better green colour than the former: The Flowers come forth like the former, but the colours therein are more white than yellow, and the purple not so fair: It is a large Flower, and so are the Seed-vessels. The Root is like the other, and perisheth every year.

Place.] They grow in divers Corn-Fields, and in Borders about them, and in other fertile Grounds, about *Southfleet* in *Kent* abundantly, at *Buckworth*,

worth, Hamerton, and Richersworth in Huntingtōnshire, and in divers other places.

Time.] They are in flower about *June* and *July*, and the whole Plant is dry and withered before *August* be done.

Government and Vertues.] It is a *Lunar* Herb. The Leaves bruised and applied with Barley-meal to watering Eyes that are hot and inflamed by defluxions from the Head, do very much help them, as also the fluxes of Blood or Humors, as the Lask, Bloody-flux, Womens Courfes, and stayeth all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening; and is no less effectual both to heal and close green Wounds, as to cleanse or heal all foul or old Ulcers, fretting or spreading Cankers, or the like.

Bees are industrious and go abroad to gather Honey from each Plant and Flower; but Drones lie at home, and eat up what the Bees have taken pains for: Just so do the Colledge of Physitians lie at home, and domineer, and suck out the sweetness of other Mens Labours and Studies, themselves being as Ignorant in the knowledge of Herbs as a Child of four years old, as I can make appear to any rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier way in the World, than to hide knowledge from their Countrey-men, that so no body might be able so much as to smell out their Ignorance. When Simples were more in use, Mens Bodies were better in health by far than now they are, or shall be, if the Colledge can help it. The truth is, This Herb is of a fine cooling, drying quality, and an Ointment or Plaister of it, might do a Man a Courtesie that hath any hot virulent Sores: 'tis Admirable for the Ulcers of the *French-Pox*, if taken inwardly, may Cure the Disease. It was first called Female Speedwel, but a Shentleman of *Wales*, whose Nose was almost eaten off with the Pox, and so near the matter, that the Doctors commanded it to be cut off, being cured only by the use of this Herb, to honour the Herb for saving her Nose whole, gave it one of her Country Names, *Lluellin*.

Foxglove.

Descript.] **I**Thath many long and broad Leaves lying upon the Ground, dented about the edges, a little soft or woolly, and of a hoary green colour, among which riseth up sometimes sundry Stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple Flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, having some threads also in the middle, from whence rise round heads pointed sharp at the ends, wherein small brown seed

seed lieth. The Roots are so many small Fibres, and some greater strings among them : The Flowers have no scent, but the Leaves have a bitter hot taste.

Place.] It groweth on the dry sandy grounds for the most part, and as well on the higher as lower places under Hedge-fides in almost every Countrey of this Land.

Time.] It seldom flowereth before July, and the seed is ripe in August.

Government and Vertues.] The Plant is under the Dominion of Venus, being of a gentle cleansing Nature ; and withal very friendly to Nature. The Herb is familiarly and frequently used by the Italians to heal any fresh or green Wound, the Leaves being but bruised and bound thereon ; and the Juyce thereof is also used in old Sores, to cleanse, dry, and heal them. The Decoction hereof made up with some Sugar or Honey, is available to cleanse and purge the Body both upwards and downwards, sometimes of tough Flegm, and clammy Humors, and to open Obstructions of the Liver and Spleen. It hath been found by experience to be available for the Kings-Evil, the Herb bruised and applied, or an Ointment made with the Juyce thereof, and so used : and a Decoction of two handfuls thereof with four Ounces of Polipody in Ale, hath been found by late Experience to Cure divers of the Falling-sickness, that have been troubled with it above twenty years.

My self am confident that an Ointment of it is one of the best Remedies for a scabby Head that is.

Fumitory.

Description.] **O**ur common Fumitory is a tender sappy Herb, sending forth from one square, slender, weak Stalk, and leaning downwards on all sides many Branches two or three foot long, with finely cut and jagged Leaves of whitish, or rather blewish Sea-green colour : At the tops of the Branches stand many small Flowers, as it were in a long spike one above another, made like little Birds of a reddish purple colour with whitish bellies : after which come small round husks containing small black seed. The Root is yellow, small, and not very long, full of juyce while it is green, but quickly periseth with the ripe Seed : In the Corn-fields in Cornwall this beareth white flowers.

Place.] It groweth in Corn-Fields almost every where as well as in Gardens.

Time.] It floweth in May for the most part, and the seed ripeneth shortly after.

Government and Vertues.] Saturn owns the Herb, and presents it to the World as a Cure for his own Diseases, and strengthener of the parts of the Body he rules : If by my Astrological Judgment of Diseases, from the Decumbiture, you find Saturn the Author of the Disease, or if by direction from a Nativity you fear a Saturnine Disease approaching, you may by this Herb pre-

prevent it in the one, and cure it in the other : and therefore 'tis fit to keep a Syrup of it always by you. The Juyce or Syrup made thereof, or the Decodion made in Whey by it self, with some other purging or opening Herbs and

Liver, Spleen, Choler, Adust Melancholy, Madnesse, Forgetfulness, Jaundice yellow and black, Pestilence, Sore Mouth and Throat, Eyes, Hairs, Scabs, Itch, Pimples, Wheals.

Roots to cause it to work the better (it self being but weak) it is very effectual for the Liver and Spleen, opening the Obstructions thereof, and clarifying the Blood from saltish, choleric, and adust Humors, which cause Leprosie, Scabs, Tettors, and Itches, and such like breaking out of the Skin, and after the purging, doth strengthen all the inward parts : It is also good against the yellow Jaundice, and spendeth it by Urine, which it procureth in abundance.

The Powder of the dried Herb given for some time together, cureth Melancholy, but the Seed is strongest in Operation for all the former Diseases. The distilled Water of the Herb is also of good effect in the former Diseases, and conduceth much against the Plague and Pestilence, being taken with good Treacle. The distilled Water also, with a little Water and Honey of Roses, helpeth all the Sores of the Mouth or Throat, being gargled often therewith. The Juyce dropped into the Eyes, cleareth the Sight, and taketh away redness, and other defects in them, although it procure some pain for the present, and cause Tears. *Dioscorides* saith, It hindreth any fresh springing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the Juyce hereof with Gum *Arabick* dissolved therein. The Juyce of Fumitory and Docks mingled with Vinegar, and the places gently washed or wet therewith, cureth all sorts of Scabs, Pimples, Botches, Wheals, Pusles, which arise on the Face or Hands, or any other part of the Body.

The Furz-Bush.

IT is so well known, as well by this Name, as in some Countreys by the Name of *Gors* and *Whins*, that I shall not need to write any Description thereof, my intent being to teach my Countrey-men what they know not, rather than to tell them again of that which is generally known before.

Place.] They are known to grow on dry barren Heaths, and other waste gravelly or sandy Grounds in all Countreys of this Land.

Time.] They also flower in Summer Months.

Government and Vertues.] Mars owns the Herb. They are hot and dry good to open Obstructions of the Liver and Spleen, A Decoction made with the Flowers thereof, hath been found effectual against the Jaundice, as also to provoke Urine, and cleanse the Kidneys from Gravel or Stones ingendred in them. Mars doth all this by Sympathy.

Obstructions, Liver, Spleen, Yellow Jaundice, Dysury, Gravel, Stone.

Garlick.

THe offensiveness of the Breath of him that hath eaten Garlick, will lead you by the Nose to the knowledge thereof, and (instead of a Description) direct you to the place whence it groweth in Gardens, which kinds are the best, and most Physical.

Government and Vertues.] Mars owns this Herb. This was anciently accounted the Poor mans *Trasle*, it being a Remedy for all Diseases or Hurts, (except those which it self breeds.) It provoketh Urine and Womens Courses, helpeth the biting of mad Dogs, and other Venomous Creatures: killeth Worms in Children, cutteth and avoideth tough *Flegm*, purgeth the Head, helpeth the Lethargy, is a good preservative against, and a remedy for any Plague-fore, or foul Ulcer: taketh away spots and blemishes in the Skin, caseth pains of the Ears, ripeneth and breaketh Imposthumes, or other swellings: And for all those Diseases, the Onions are also effectual. But the Garlick hath some more peculiar Vertues besides the former, *viz.* It hath a special quality to discuss inconveniences coming by corrupt Agues or Mineral Vapours, or by drinking corrupt and stinking Waters; as also by taking of Wolf-bane, Hen-bane, Hemlock, or other poysonful and dangerous Herbs. It is also held good in Hydropick Diseases, the Jaundice, Falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoids, or other cold Diseases.

Urine, Terms provokes, mad Dogs, venomous Beasts, Worms, Lethargy, Flegm, Pestilence, Aposthumes, mineral Vapours, stinking Waters, Henbane, Hemlock, Wolf-bane, Dropsie, Cramps, Convulsions, Falling-sickness.

Many Authors quote many Diseases this is good for, but conceal its Vices: Its heat is very vehement, and all vehement hot things send up but ill-favour'd vapors to the Brain. In cholerick Men 'twill add fuel to the fire, in Men oppressed by Melancholy, 'twill attenuate the Humor, and send up strong Fancies, and as many strange Visions to the Head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Gentian, Felwort, or Baldmony.

IT is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea: yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, Why *English* Herbs should be fittest for *English* Bodies, hath been proved by the experience of divers Physitians to be not a whit inferior in Vertue to that which cometh from beyond Sea: therefore be pleased to take the Description of them as followeth.

Descript.] The greater of the two hath many small long Roots thrust down deep in the ground, and abiding all the Winter. The Stalks are somewhat more, sometimes fewer, of a brownish green colour, which is sometimes two foot high, if the ground be fruitful, having many long, narrow, dark green Leaves, set by couples up to the top: the Flowers are long and hollow, of a purple colour, ending in five corners.

The smaller sort which is to be found in our Land, groweth up with sundry Stalks not a foot high, parted into several small Branches, whereon grow divers small Leaves together, very like those of the lesser Centaury or whitish green colour; on the top of the Stalks grow divers perfect blue Flowers standing in long husks, but not so big as the other: The Root is very small, and full of thred.

Place.] The first groweth in divers places of both the East and West Countreys, and as well in wet as in dry grounds, as near Long-field by Gravesend, near Cobham in Kent, near Lillingstone in Kent, also in a chalky Pit hard by a Paper-Mill not far from Dartford in Kent.

The second groweth also in divers places in Kent, as about Southfleet, and Long-field upon Barton-hills in Bedfordshire: also not far from St. Albans upon a piece of waste chalky ground as you go out of Dunstable-way toward Gorhambury.

Time.] They flower in August.

Government and Vertues.] They are under the Dominion of Mars, and is one of the principallest Herbs he is ruler of. They resist Putrefaction, Poyson, Pestilence: neither can a more sure Remedy be found to prevent the Pestilence than it is. It strengthens the Stomach exceedingly, and helps digestion, it preserves the Heart, and preserves it against fainting and swooning; The Powder of the dry Roots helps the biting of mad Dogs, and Venomous Beasts, open Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it: The Herb steeped in Wine, and the Wine drunk, refresheth such as be over-weary with Travel, and are grown lame in their Joynts either by cold or evil lodgings: It helps stiches and griping pains in the Sides: and is an excellent Remedy for such as are bruised by Falls: It provokes Urine, and the Terms exceedingly, therefore let it not be given to women with Child: The same is very profitable for such as are troubled with Cramps and Convulsions to drink the Decoction; Also they say it breaks the Stone, and helps Ruptures most certainly: It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any fretting Sores and Ulcers: It is an admirable Remedy to kill the Worms, by taking half a dram of the Powder in the morning in any convenient Liquor; the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all sorts, and the yellow Jaundice, as also the Bots in Cattle when Kine are bitten on the Udder by any Venomous Beast, do but streak the place with the Decoction of any of these, and it will instantly help them.

Poyson, Pestilence, Stomach, Indigestion, Heart preserveth, Fainting, Swooning, Biting of mad Dogs, venomous Beasts, Liver, Appetite, Weariness, Joynts, Stiches, Sides, Bruises, Urine provokes, Cramps, Convulsions, Stone, Ruptures, tough Flegm, Scabs, Itch, Sores, Ulcers, Worms, Kings-Evil, Agues, yellow Jaundice, Bots, Venomous Beasts.

such as are troubled with Cramps and Convulsions to drink the Decoction; Also they say it breaks the Stone, and helps Ruptures most certainly: It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any fretting Sores and Ulcers: It is an admirable Remedy to kill the Worms, by taking half a dram of the Powder in the morning in any convenient Liquor; the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all sorts, and the yellow Jaundice, as also the Bots in Cattle when Kine are bitten on the Udder by any Venomous Beast, do but streak the place with the Decoction of any of these, and it will instantly help them.

Clove Gilli-Flowers.

IT is in vain to describe an Herb so well known.

Government and Vertues.] They are gallant fine temperature Flowers, of the Nature and under the Dominion of *Jupiter*: yea, so temperate, that no excess, neither in heat, cold, dryness, nor moisture can be perceived in them; they are great strengtheners both of the Brain and Heart, and will therefore serve either for Cordials or *Brain, Heart, Consumption, Strengthens Nature.* Cephalicks as your occasion will serve. There is both a Syrup and a Conserve made of them, and of them alone, commonly to be had at every Apothecaries; to take now and then a little of either, strengthens Nature much, in such as are in Consumptions. They are also excellent good in hot Pestilent Feavers, and expel Poyson.

Germander.

Descript.] **C**ommon Germander shooteth forth sundry Stalks with small and somewhat round Leaves, dented about the edges. The Flowers stand at the tops, of a deep purple colour. The Root is composed of divers Sprigs, which shoot forth a great way round about, quickly over-spreading a Ground.

Place.] It groweth usually with us in Gardens.

Time.] And flowreth in June and July.

Government and Vertues.] It is a most prevalent Herb of Mercury, and strengthens the Brain and Apprehension exceedingly: (you may see what humane Vertues are under Mercury in the latter end of my *Ephemeris* for 1652.) strengthens them when weak; relieves them when drooping, by this Herb. This taken with Honey (saith *Dioscorides*) is a Remedy for Coughs, for hardness of the Spleen, and difficulty of Urine, and helpeth those that are fallen into a Dropsie, especially at the beginning of the Disease, a Decoction being made thereof when it is green and drunk. It also bringeth down Womens Courses, and expelleth the dead Child. It is most effectual against the Poyson of all Serpents, being drunk in Wine, and the bruised Herb outwardly applied; used with Honey, it cleanseth old and foul Ulcers; and made into an Oyl, and the Eyes anointed therewith, taketh away their Dimness and Moistness. It is likewise good for the Pains in the Sides, and Cramps. The Decoction thereof taken for some days together, driveth away and cureth both Tertian and Quartan Agues. It also is good against all Diseases of the Brain, as continual Head-ach, Falling-sickness, Melancholy, Drowziness and dulness of the Spirits, Convulsions and Palsies. A dram of the Seed taken in Powder, purgeth by Urine, and is good against the Yellow-Jaundice. The Juyce of the Leaves dropped into the Ears, killeth the Worms in them. The tops whereof when they are in flower, steeped twenty four hours in a draught of White Wine and drunk, killeth Worms in the Belly.

Cough, Spleen, Dysury, Dropsie, Terms provokers, Dead Child, Poyson, Ulcers, Cramps, Agues, Falling-sickness, Head-ach, Melancholy, Dulness of Spirit, Convulsion, Palsie, Yellow-Jaundice, Worms.

L

Stinking

Stinking Galdwin.

Description.] **T**His is one of the kinds of Flower-de-luces, having divers Leaves rising from the Roots very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers. In the middle riseth up a reasonable strong Stalk a yard high at least, beareth three or four Flowers at the top, made somewhat like the Flowers of the Flower-de-luce, with three upright Leaves, of a dead purplish Ash-colour, with some Veins discoloured in them, the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves as the Flower-de-luce doth, but stand loose, or asunder from them. After they are past, there come up three square hard Husks opening wide into three parts when they are ripe, wherein lie reddish Seed, turning black when it hath abidden long. The Root is like that of the Flower-de-luce, but reddish on the out-side, and whitish within, very sharp and hot in taste, of as evil scent as the Leaves.

Place.] This groweth as well in Up-land Grounds, as also in moist places, in Woods, and shadowy places by the Sea-side in many places of this Land, and is usually nursed up in Gardens.

Time.] It flowreth not until July, and the Seed is ripe in August or September: yet the Husks after they are ripe, opening themselves, will hold their Seeds within them for two or three months, and not shed them.

Goverment and Vertues.] It is supposed to be under the Dominion of Saturn. It is used by many Countrey-people to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots, and some to make it more gently, do but infuse the sliced Roots in Ale, and some take the Leaves which serve well for the weaker Stomachs. The Juyce hereof put up, or snuffed up the Nose, causeth Sneezing, and draweth from the head much corruption: and the Powder thereof doth the same: The Powder thereof drunk in Wine, helpeth those that are troubled with Cramps and Convulsions, or with the

Flegm, Choler, Head, Cramp, Convulsion, Gout, Sciatica, Belly-ach, Strangury, Fluxes, Terms provokes, Dysury, Spleen, Wounds, Splinters, Thorns, Broken-Bones, Kings-Evil, Itch, Scabs, Blamishes in the Skin.

Gout or Sciatica, and giveth ease to those that have any griping Pains in their Body or Belly, and helpeth those that have the Strangury. It is given with much profit to those that have had long Fluxes by the sharp and evil quality of Humors, which it stayeth, having first cleansed and purged them by the drying and binding property therein. The Root boyled in Wine and drunk, doth effectually procure Womens Courses, and used as a Pessary, worketh the same effect, but causeth Abortion in Women with Child. Half a dram of the Seed beaten to Powder, and taken in Wine, doth speedily cause one to Piss which otherwise cannot. The same taken with Vinegar, dissolveth the hardness and swellings of the Spleen. The Root is very effectual in all Wounds, and especially

of the Head: as also to draw forth any Splinters, Thorns, broken Bones, or any other thing sticking in the Flesh, without causing pains, being used with a little Verdigreese and Honey, and the great Centaury Root. The same boyled in Vinegar, and laid upon any Tumor or Swelling, doth very effectually dissolve and consume them; yea, even the Swellings of the Throat called the Kings-Evil. The Juyce of the Leaves and Roots healeth the Itch, and all running or spreading Scabs and Sores, or Blemishes, or Scars in the Skin where-soever they be.

Golden-Rod.

Descript.] **T**His riseth up with brownish small round Stalks, two foot high and sometimes more, having thereon many narrow and long dark green Leaves, very seldom with any dents about the edges, or any Stalks or white Spots therein, yet they are sometimes so found, divided at the tops into many small Branches, with divers small yellow Flowers on every one of them, all which are turned one way, and being ripe, do turn into Down, and are carried away with the wind. The Root consists of many small Fibres which grow not deep in the Ground, but abideth all the Winter thereon, shooting forth new Branches every year, the old one dying down to the Ground.

Place.] It groweth in the open places of Woods and Copfes, both moist and dry Grounds in many places of this Land.

Time.] It flowreth about the month of July.

Government and Vertues.] *Venus* claims the Herb, and therefore to be sure it restores Beauty Lost. *Arnoldus de villa nova* commends it much against the Stone in the Reins and Kidneys, and to provoke Urine in abundance, whereby all the Gravel or Stone may be avoided. The Decoction of the Herb Green or dry, or the distilled Water thereof is very effectual for inward Bruises: as also to be outwardly applied, it stayeth Bleeding in any part of the Body, and of Wounds; also the Fluxes of Humors, the Bloody-flux, and Womens Courfes: and is no less prevalent in all Ruptures or Burstings, being drunk inwardly and outwardly applied. It is a Sovereign Wound Herb, inferior to none, both for inward and outward Hurts, green Wounds, and old Sores, and Ulcers, are quickly Cured therewith. It is also of especial use in all Lotions or Sores, or Ulcers in the Mouth, Throat or Privy-Parts of Man or Woman. The Decoction also helpeth to fasten the Teeth that are loose in the Gums.

Beauty lost, Stone, Gravel, Dysury; Wounds, Flux, Bloody-Flux, Terms stops, Ruptures, Ulcers, Sore Mouth and Throat, Teeth loose.

Gout-wort, or Herb-Gettard.

Descript.] **I**T is a low Herb seldom rising half a yard high, having sundry Leaves standing on brownish green Stalks by threes, snapped about; and of a strong unpleasant savour. The Umbles of Flowers are white, and the Seed blackish, the Root runneth in the Ground, quickly taking up a great deal of room.

Place.] It groweth by Hedge and Wall-sides, and often in the Borders or Corners of Fields, and in Gardens also.

to Time.] It flowreth and feedeth about the end of July.

Government and Vertues.] Saturn rules it : neither is it to be supposed Goutwort hath its Name for nothing, but upon Experience to heal the cold Gout, and Sciatica ; as also Joynt-aches, and other cold Grievs. The very bearing of it about one, easeth the Pains of the Gout, and defends him that bears it from the Disease.

Gromel.

OF this I shall briefly describe three kinds, which are principally used in Physick, the Vertues whereof are alike, though somewhat different in their manner and form of growing.

Description.] The great Gromel groweth up with slender, hard and hairy Stalks trailing and taking Root in the Ground as it lieth thereon, and parted into many smaller Branches with hairy dark green Leaves thereon. At the Joynts with the Leaves come forth very small blew Flowers, and after them hard stony roundish Seed. The Root is long and woody, abiding the Winter, and shooting forth fresh Stalks in the Spring.

The small wild Gromel sending forth divers upright hard branched Stalks two or three foot high, full of Joynts, at every of which groweth small long hard and rough Leaves like the former, but lesser : among which Leaves come forth small white Flowers, and after them grayish round Seed like the former : The Root is very big, but with many Strings thereat.

The Garden Gromel hath divers upright, slender, woody, hairy Stalks, blown and cressed, very little branched, with Leaves like the former, and white Flowers, after which in rough brown Husks is contained a white hard round Seed, shining like Pearls, and greater than either of the former : The Root is like the first described with divers Branches and Strings thereat, which continueth (as the first doth) all Winter.

Place.] The two first grow wild, in barren or untilled places, and by the Waysides in many places of this Land. The last is a Nursling in the Gardens of the Curious.

Time.] They all flower from Midsummer until September sometimes, and in the mean time the seed ripeneth.

Government and Vertues.] The Herb belongs to Dame Venus, and therefore if Mars cause the Colick or Stone, as usually he doth ; if in Virgo, this is your Cure. These are accounted to be of a singular force as any other Herb or Seed whatsoever to break the Stone, and to avoid

it, and the Gravel either in the Reins or Bladder, as also to provoke Urine being stopped, and to help the Strangury. The Seed is of greatest use, being bruised and boyled in White Wine or in Broth, or the like, or the Powder of the Seed taken therein, two drams of the Seed in Powder taken with Womens Breast-Milk, is very effectual to procure a speedy Delivery to such Women as have fore Pains in their Travel, and cannot be delivered. The Herb it self (when the Seed is not to be had) either boyled, or the Juyce thereof drunk is effectual to all the purposes aforesaid, but not so powerful or speedy in operation.

Goosberry.

Goosberry-bush.

Called also Feap-berry, and in *Suffex* Dew-berry-bush, and in some Countries, Wine-berry.

Government and Vertues.] They are under the Dominion of *Venus*. The Berries whiles they are unripe, being scalded or baked, are good to stir up a fainting or decayed Appetite, especially such whose Stomachs are afflicted by Chole-*r*rick Humors; they are excellent good to stay the Longings of Women with Child. They may easily keep them preserved with Sugar all the year long. The Decoction of the Leaves of the Tree, cools hot Swellings and Inflammations; as also *St. Antonies-fire*. The ripe Goos-berries being eaten, are an excellent Remedy to allay the violent Heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidneys and Bladder. All the evils they do to the Body of Man is, they are supposed to breed Crudities, and by Crudities, Worms.

*Appetite, Stomach, Wo-
mens Longing, Swelling,
Inflammation, St. Antho-
nies-fire, Stomach, Liver,
Stone, Gravel, Worms.*

Winter-green.

Descript.] **T**His sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long Foot-stalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the Leaf of a Pear-Tree; from whence ariseth a slender weak Stalk, yet standing upright bearing at the top many small white and sweet smelling Flowers, laid open like a Star, consisting of five round pointed Leaves with many yellowish threads standing in the middle about a green Head, and a long stele with them, which in time groweth to be the Seed-Vessel, which being ripe, is found five square with a small point at it, wherein is contained Seed as small as dust.

Place.] It groweth seldom in Fields, but frequent in the Woods Northwards, viz. in *Yorkshire*, *Lancashire*, and *Scotland*.

Time.] It flowreth about *June* and *July*.

Government and Vertues.] Winter-green is under the Dominion of *Saturn*, and is a singular good Wound-Herb, and an especial Remedy for to heal green Wounds speedily, the green Leaves being bruised and applied, or the Juyce of them. A Salve made of the green Herbs stamped, or the Juyce boyled with Hogs-lard, or with Salled Oyl and Wax, and some Turpentine added unto it, is a soveraign Salve, and highly extolled by the *Ger-
mans*, who much use it to heal all manner of Wounds and Sores. The Herb boyled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidneys, or Neck of the Bladder doth wonderfully help them.

*Wounds, Ulcers, Kidneys,
Bladder, Flux, Bloody-
Flux, Terms stops, In-
flammations, Cankers,
Fistulaes.*

It stayeth all Fluxes, whether of Blood or Humors, as the Lask, Bloody-Fluxes, Womens Courfes and Bleeding of Wounds, and taketh away any Inflammation rising upon Pains of the Heart. It is no leſs helpful for foul Ulcers hard to be Cured: as alſo for Cankers or Fiſtulaes. The Diſtilled Water of the Herb doth effectually perform the ſame thing.

Groundſel.

Deſcript.] Our common Groundſel hath a round, green, and ſomewhat browniſh Stalk, ſpread toward the top into Branches, ſet with long and ſomewhat narrow green Leaves cut in on the edges, ſomewhat like the Oak-Leaves, but leſſer, and round at the end: at the tops of the Branches ſtand many ſmall green Heads, out of which grow many ſmall yellow Threads or Thrums which are the Flowers, and continue many days blown in that manner before it paſs away into Down, and with the Seed is carried away in the wind. The Root is ſmall and threddy, and ſoon periſteth, and as ſoon riſeth again of its own ſowing, ſo that it may be ſeen many months in the year, both green, and in flower and ſeed; for it will ſpring and ſeed twice in a year at leaſt, if it be ſuffered in a Garden.

Place.] This groweth almoſt every where, as well on tops of Walls, as at the foot among Rubbiſh, and untilled Grounds, but eſpecially in Gardens.

Time.] It flowreth as is ſaid before, almoſt in every month through the year.

Government and Vertues.] The Herb is *Venus* her Miſtris piece, and is as gallant an univerſal Medicine for all Diſeaſes coming of Heat whatſoever they be, or in what part of the Body ſoever they lie as the Sun ſhines upon; 'tis very ſafe and friendly to the Body of Man; yet cauſeth Vomiting if the Stomach be afflicted, if not, Purging, and it doth it with more gentleneſs than can be expected; 'Tis moiſt and ſomething cold withal, theſeby cauſing expulſion, and reſſing the Heat cauſed by the motion of the Internal Parts in Purges and Vomits. Lay by our learned Receipts, Take ſo much Senna, ſo much Scammony, ſo much Colocynthis, ſo much Infuſion of Crocus Metallorum, &c. This Herb alone preſerved into a Syrup in a diſtilled Water, in an Ointment, ſhall do the deed for you in all hot Diſeaſes, and it ſhall do it, 1. Safe, 2. Speedily.

The Decoction of the Herb (ſaith *Dioſcorides*) made with Wine and drunk, helpeth the Pains of the Stomach proceeding of Choler (which it may well do by a Vomit,) as daily experience ſheweth. The Juyce thereof taken in Drink or the Decoction of it in Ale, gently performeth the ſame. It is good againſt the Jaundice and Falling-ſickneſs, being taken in Wine; as alſo againſt difficulty of making Urine. It provokes Urine, expelleth Gravel in the Reins or Kidneys; a dram thereof given in Oxymel, after ſome walking or ſtirring of the Body. It helpeth alſo the Sciatica, griping of the Belly, and the Colick.

Choler in the Stomach, Yellow-Jaundice, Falling-Sickneſs, Dyſury, Gravel, Sciatica, Colick, Liver, Terms provokes, Womens Breasts, Privy-parts, Arteries, Joynts and Sinews, Over-heated, Kernels, Wounds in the Sinews, Inflammations in the Eyes.

Colick, helpeth the defects of the Liver, and provoketh Womens Courses. The fresh Herb boyled and made into a Pultis and applied to the Breasts of Women that are swollen with Pain and Heat, as also to the Privy Parts of Man and Woman, the Seat or Fundament, or the Arteries, Joynts and Sinews when they are inflamed and swoln, doth much ease them: and used with some Salt, helpeth to dissolve Knots or Kernels in any part of the Body. The Juyce of the Herb, or (as *Dioscorides* saith) the Leaves and Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb performeth well all the aforesaid Cures, but especially for Inflammations or watering of the Eyes by reason of the Defluxion of Rheum into them.

Hearts-ease.

THis is that Herb which such Physitians as are licensed to Blasphemy by Authority without danger, having their Tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, Live in Idleness, Cul-me-to-you; and in *Sussex* we call them Pansies.

Place.] Besides those which are brought up in Gardens, they grow commonly about, wild in the Fields, especially in such as are very barren; sometimes you may find it on the tops of high Hills.

Time.] They flower all the Spring and Summer.

Government and Vertues.] The Herb is really Saturnine, something cold, viscous and slimy: A strong Decoction of the Herbs and Flowers [if you will, you may make it into Syrup, or distilled in an Alembick with what Vehicle you please) is an excellent Cure for the French Pox, the Herb being a gallant Antivenerean; and that Antivenereans are the best Cure for that Disease, far better and safer than to torment them with the Flux, divers forreign Physitians have confessed: The Spirit of it is excellent good for the Convulsions in Children, as also for Falling-sickness, and a gallant Remedy for the Inflammations of the Lungs and Breast, Pleurisie, Scabs, Itch, &c. It is under the Coelestial Sign *Cancer*.

French-Pox, Convulsions, Falling-sickness, Inflammations in the Breast and Lungs, Pleurisie, Scabs, Itch.

Hartichokes.

THe Latines call them *Cinara*, only our Colledge call them *Artichocus*.

Government and Vertues.] They are under the Dominion of *Venus*, and therefore it is no marvel if they provoke Lust much, as indeed they do, being something windy Meat, and yet they stay the involuntary course of natural Seed in Man, which is commonly called Nocturnal Pollutions. And here I care not greatly if I quote a little of *Galens* Nonsense in his Treatise of the Faculties of Nourishment,

Lust provoketh, Nocturnal Pollutions, Purgeth by Urine.

risement, he saith, They contain plenty of Cholerick Juyce (which notwithstanding I can scarcely believe) of which he saith is ingendred Melancholy Juyce, and of that Melancholy Juyce thin Cholerick Blood: but to proceed; this is certain, That the Decoction of the Root boyled in Wine, or the Root bruised and distilled in Wine in an Alembick, and being drunk purgeth by Urine exceedingly.

Harts-Tongue.

Descript.] **T**his hath divers Leaves rising from the Root, every one severally, which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little Sap in them, and straked on the back athwart on both sides of the middle Rib with small and somewhat long and brownish Marks; the bottoms of the Leaves are a little bowed on each side of the middle Rib, somewhat narrow with the length, and somewhat small at the end. The Root is of many black threds, folded or interlaced together.

Time.] It is green all the Winter, but new Leaves spring every year.

Government and Vertues.] Jupiter claims Dominion over this Herb, therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what: you shall do well to keep it in a Syrup all the year, for though Authors say 'tis green all the year, I scarce believe it. *Harts-Tongue* is much commended against the hardness and stoppings of the Spleen and Liver, and against the heat of the Liver and Stomach, and against Lasks, and the Bloody-Flux: The distilled

Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Palate, and stay the Bleeding of the Gums being gargled in the Mouth. *Dioscorides* saith, It is good against the Stinging and Biting of Serpents. As to the use of it, my Directions at latter end will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for one year or two.

Hazel-Nut.

Hazel-Nuts are so well known to every Boy, that they need no Description.

Government and Vertues.] They are under the Dominion of *Mercury*. The parched Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honey-Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the Distillations of

Rheum from the Head; The dried Husks and Shells to the weight of two drams taken in red Wine, stayeth Lasks and Womens Courses, and so doth the red Skin that covers the Kernels which is more effectual to stay Womens Courses.

And if this be true, as it is, then why should the Vulgar so familiarly affirm, That eating Nuts causeth shortness of Breath, than which nothing is falser? for, How can that which strengthens the Lungs, cause shortness of Breath? I confess the Opinion is far elder than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are Mens Tongues so given to slander one another, that they must slander Nuts too, to keep their Tongues in use? If any thing of the Hazel Nut be stopping, 'tis the the Husks and Shells, and no body is so mad to eat them unless Physically, and the red Skin which covers the Kernel, which you may easily pull off. And thus I have made an Apology for Nuts, which cannot speak for themselves.

Hawkweed.

Descript.] It hath many large Leaves lying upon the Ground, much rent or torn on the sides into many gashes like Dandelyon, but with greater parts more like the smooth Sow-Thistle, from among which ariseth a hollow rough Stalk two or three foot high, branched from the middle upward, wherein are set at every Joynt longer Leaves, little or nothing rent or cut, bearing at their top sundry pale yellow Flowers, consisting of many small narrow Leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from most of the Hawk-weeds (for there are many kinds of them) do hold, which turn into Down, and with the small brownish Seeds, is blown away with the Wind: The Root is long and somewhat greater, with many small Fibres thereat. The whole Plant is full of bitter Milk.

Place.] It groweth in divers places about Field-sides, and the Path-ways in dry Grounds.

Time.] It flowreth and flies away in Summer months.

Government and Vertues.] Saturn owns it. Hawkweed (saith Dioscorides) is cooling, somewhat drying and binding, and therefore good for the heat of the Stomach, and Gnawings therein, for Inflammations, and the hot Fits of Agues. The Juyce thereof in Wine helpeth Digestion, discusseth Wind, hindreth Crudities abiding in the Stomach, and helpeth the difficulty of making Water, the biting of Venomous Serpents, and stinging of the Scorpion, if the Herb be also outwardly applied to the place, and is very good against all other Poysons. A scruple of the dried Juyce given in Wine and Vinegar, is profitable for those

Cools, Dries, Binds, Gnawing in the Stomach, Inflammations, Agues, Crudities, Dysury, Venomous Beasts, Poyson, Dropsie, Flegm, Colick, Spleen, Watchings, Lust stops, Venereous Dreams, Reins, Bladder.

that have the Dropsie. The Decoction of the Herb taken with Honey, digesteth thin Flegm in the Chest or Lungs, and with Hyssop helpeth the Cough. The Decoction thereof, and of wild Succory made with Wine and taken, helpeth the Wind-Colick and hardness of the Spleen, it procureth Rest and Sleep, hindreth Venery and Venereous Dreams, cooleth Heats, purgeth the Stomach, encreaseth Blood, and helpeth the Diseases of the Reins and Bladder. Outwardly applied, it is singular good for all the Defects and Diseases of the Eyes,

Eyes, Ulcers, Burnings, Inflammations, St. Anthonies-fire, Heat, Salt, Flegm, Convulsion, Cramp, Freckles, Spots, Morpew, Wrinkles.

to any place affected with Convulsion and the Cramp, or such as are out of Joynt, doth give help and ease. The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, Morpew or Wrinkles in the Face.

The Hawthorn.

IT is not my intention to trouble you with a Description of this Tree, which is so well known that it needeth none.

It is ordinarily but a Hedge-bush, although being pruned and dressed, it groweth to a Tree of a reasonable height.

As for the Hawthorn Tree at *Glassenbury*, which is said to flower yearly on *Christmas-Day*, it rather shews the Superstition of those who observe it for the time of its flowering, than any great wonder, sith the like may be found in divers other places of this Land; as in *Whey-street* in *Rumney-Marsh*, and near unto *Namptwich* in *Cheshire*, by a place called *White Green*, where about *Christmas* and *May*; if the Weather be frosty, it flowreth not until *January*, or that the hard Weather be over.

Government and Vertues.] It is a Tree of *Mars*. The Berries or the Seeds

Stone, Dropisie, Flux, Inward Pains, Splinters, Thorns.

in the Berries beaten to Powder, being drunk in Wine, are held singular good against the Stone, and are good for the Dropisie. The distilled Water of the Flowers stayeth the Lask. The Seeds cleared from the Down, bruised and boyled in Wine, and drunk is good for inward tormenting Pains: If Cloaths and Spunges be wet in the said distilled Water, and applied to any place wherein Thorns, Splinters or the like, do abide in the Flesh, it will notably draw them forth.

And thus you see the Thorn gives a Medicine for his own pricking, and doth almost every thing else.

Hemlock.

Descript.] **T**He common great Hemlock groweth up with a green Stalk, for or five foot high or more, full of red Spots sometimes, and at the Joynts very large winged Leaves set at them, which are divided into many other winged Leaves one set against another, dented about the edges, of a sad green colour, branched towards the top, where it is full of Umbles of white Flowers, and afterwards with whitish flat Seed: The Root is long, white and sometimes crested, and hollow within. The whole Plant, and every part hath a strong bea and ill-favour'd scent, much offending the Senses.

Place.] It groweth in all Countries of this Land by Walls and Hedge-sides, in waste Grounds, and untilld places.

Time.] It flowreth and seedeth in *July*, or thereabouts.

Government and Vertues.] *Saturn* claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a *Priapismus*, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgment was first upon the opposite Disposition of *Saturn* to *Venus* in those Faculties, and therefore he forbade the applying of it to those parts that it might not cause Barrenness, or spoil the Spirit procreative, which if it do, yet applied to the Privities it stops lustful thoughts.

Hemlock is exceeding cold, and very dangerous, especially to be taken inwardly. It may safely be applied to Inflammations, Tumors and Swellings in any part of the Body (save the Privy-Parts) as also to *St. Anthonies-fire*, Wheals, Pusshes, and creeping

Letchery, Inflammations, St. Anthonies-fire, Tetters, Ring-Worms, Eyes, Pin and Web, Gout.

Ulcers that rise of hot sharp Humors by cooling and repelling the Heat. The Leaves bruised and laid to the Brow or Forehead, is good for their Eyes that are red and swollen, as also to take away a Pin and Web growing in the Eye, this is a tried Medicine: Take a small handful of the Herb, and half so much Bay Salt beaten together, and applied to the contrary Wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the Root thereof be roasted under the Embers wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this evil. If any shall through mistake eat the Herb Hemlock instead of Parsley, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzy, or perturbation of the Senses, as if they were stupid or drunk, the Remedy is, as *Pliny* saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put in Wine, or a draught of good Vinegar, therewith *Tragus* doth affirm, That he Cured a Woman that had eaten the Root.

Hemp.

This is so well known to every good House-wife in the Country, that I shall not need to write any Description of it.

Time.] It is sown in the end of *March*, or beginning of *April*, and is ripe in *August* or *September*.

Government and Vertues.] It is a Plant of *Saturn*, and good for some thing else you see, than to make Halters only. The

Seed of Hemp consumeth Wind, and by the much use thereof disperseth it so much that it dryeth up the Natural Seed for Procreation; yet being boyled in Milk and taken, helpeth such as have a hot dry Cough. The Dutch make an Emulsion out of the

Wind, Cough, Jaundice, Gall, Choler, Flux, Choleric, Bleeding, Worms, Earwigs, Inflammation, Gout, Sinews strunk.

Seed, and give it with good Success to those that have the Jaundice, especially in the beginning of the Disease, if there be no

Ague

Ague accompanying it; for it openeth Obstructions of the Gall, and causeth digestion of Choler. The Emulsion or Decoction of the Seed stayeth Lashes and continual Fluxes, easeth the Colick, and allayeth the troublesome Humors in the Bowels; and stayeth bleeding at the Mouth, Nose, or other place, some of the Leaves being fried with the Blood of them that bleed; and so give them to eat. It is held very good to kill the Worms in Man or Beast, and the Juyce dropped into the Ears, killeth VVorms in them, and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head or any other parts, the Herb it self, or the distilled VVater thereof doth the like. The Decoction of the Roots easeth the Pains of the Gout, the hard Tumors or Knots in the Joynts, the Pains and Shrinkings of the Sinews, and the Pains of the Hips: The fresh Juyce mixed with a little Oyl and Butter, is good for any place that hath been burnt with Fire, being thereto applied.

Henbane.

Description.] Our common Henbane hath very large, thick, soft, woolly Leaves lying upon the Ground, much cut in or torn on the edges, of a dark ill grayish green colour, among which arise up divers thick and short Stalks two or three foot high, spread into divers smaller Branches with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husks and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour, somewhat paler towards the edges, with many purplish Veins therein, and of a dark yellowish purple in the bottom of the Flower with a small pointel of the same colour in the middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small Seed very like Poppy-seed, but of a dusky grayish colour. The Root is great, white and thick, branching forth divers ways under Ground so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive.

Place.] It commonly groweth by the VVay-sides, and under Hedge-sides and VValls.

Time.] It flowreth in July, and springeth again yearly of its own Seed. I doubt my Authors mistook July for June, if not for May.

Government and Vertues.] I wonder in my heart, how Astrologers could take on them to make this an Herb of Jupiter, and yet Mezaldus, a Man of penetrating Brain, was also of that Opinion as well as the rest: the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument:

All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Car-Loads of it may be found near the places where they empty the common

Jakes, and scarce a Ditch to be found without it growing by it. Ergo 'tis an Herb of Saturn.

The Leaves of Henbane do cool all hot Inflammations in the Eyes, or any other part of the Body; and are good to assuage all manner of Swellings of the Cods or Womens Breasts, or elsewhere if they be boyled in VVine, and either applied themselves or the Fomentation warm, it also assuageth the Pain

Inflammations, Cods, Womens Breasts, Gout, Sciatica, Joynts, Watching, Deafness, Noise in the Ears, Chilblains, Kibes.

of the Gout, the Sciatica, and all other Pains in the Joynts which arise from a hot Cause. And applied with Vinegar to the Fore-head and Temples, helpeth Head-ach and want of Sleep in hot Feavers. The Juyce of the Herb or Seed, or the Oyl drawn from the Seed doth the like. The Oyl of the Seed is helpful for the Deafness, Noise, and VVorms in the Ears, being dropped therein; the Juyce of the Herb or Root doth the same. The Decoction of the Herb or Seed or both killeth Lice in Man and Beast. The Fume of the dried Herb, Stalks and Seed, burned quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet by holding them in the Fume thereof. The Remedy to help those that have taken Henbane, is to drink Goats Milk, honeyed VVater, or Pine Kernels, with sweet VVine: Or in the absence of these, Fennel-seed, Nettle-seed, the Seed of Cresses, Mustard, or Raddish, as also Onions of Garlic taken in VVine, do all help to free them from danger, and restore them to their due temper again.

Take Notice, That this Herb must never be taken inwardly; outwardly, an Oyl, Oyntment, or Plaister of it, is most admirable for the Gout; to cool the Venereal Heat of the Reins in the French-Pox; to stop the Tooth-ach being applied to the aking Side; to French-Pox, Tooth-ach. to allay all Inflammations, and to help the Diseases before premised.

Hedge-Hysof.

Description.] **D**ivers sorts there are of this Plant, the first of which is an Italian by Birth, and only nursed up here in the Gardens of the Curious. Two or three sorts, are to be found commonly growing wild here; the Description of two of which I shall give you: The first is a smooth low Plant, not a foot high, very bitter in taste, with many square Stalks diversly branched from the bottom to the top, with divers Joynts, and two small Leaves at each Joynt, broader at the bottom than they are at the end, a little dented about the edges, of a sad green colour, and full of Veins. The Flowers stand at the Joynts, being of a fair purple colour, with some white spots in them, in fashion like those of dead Nettles: The Seed is small and yellow, and the Roots spread much under Ground.

The second seldom groweth half a foot high, sending up many small Branches, whereon grow many small Leaves set one against the other somewhat broad, but very short: the Flowers are like the Flowers of the other in fashion, but of a pale reddish colour: the Seeds are small and yellowish: the Root spreadeth like the other, neither will yield to its fellow one ace of bitterness.

Place.]

Place.] They grow in wet low Grounds, and by the Water-sides : the last may be found among the Bogs on *Hampstead-Heath*.

Time.] They Flower in *June* and *July*, and the Seed is ripe presently after.

Government and Vertues.] They are Herbs of *Mars*, and as choleric and and churlish as he is, being most violent purgers especially of Choler and Flegm : It is not safe taking them inwardly, unless they be well rectified by the Art of the Alchymist, and only the purity of them given ; if so used, they may be very healthfull both for the Dropfie, Gout, and Sciatica : outwardly used in Ointments, they kill Worms, the Belly being appointed with it ; and are excellent good to cleanse old and filthy Ulcers.

Black Hellebore.

IT is called also Setter-wort, Setter-grass, Bears-foot, Christmas-Herb and Christmas-Flower.

Description.] It hath sundry fair green Leaves rising from the Root each of them standing about a handfull high from the Earth, each Leaf is divided into seven, eight or nine parts, dented from the middle of the Leaf to the point on both sides abiding green all the Winter ; about Christmas-time, if the weather be any thing temperate, the Flowers appear upon Foot-stalks, also consisting of five large, round, white Leaves a piece, which sometimes are purple towards the edges, with many pale yellow Thrums in the middle : the Seeds are divided into several Cells like those of Columbinæ, save only they are greater, the Seeds are in the colour black, and in form long and round : The Root consisteth of a number of numberless blackish Strings, all united into one Head.

There is another black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the Winter when this doth not.

Place.] The first is maintained in Gardens : The second is commonly found in the Woods in *Northamptonshire*.

Time.] The first flowreth in *December* or *January* ; the second in *February* or *March*.

Government and Vertues.] It is an Herb of *Saturn*, and therefore a marvel if it have some sullen conditions with it, and would be far safer being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common Cure is to take Goats Milk ; if you cannot get Goats Milk, you must make a shift with such as you can get. The Roots are very effectual against all Melancholy diseases, especially such as are of long standing, and Quartan

Melancholy, Quartan Agues, Madness, Falling-sickness, Leprosie, Tet. and Black Jaundice, Gout, Sciatica, Terms provokes, Ulcers, Dead Flesh, Cough and Poyson in Cattel.

Quartan Agues, and Madnes; it helps the Falling-sicknes, and the Leprosie; both the yellow and the black Jaundice, the Gout, Sciatica, Convulsion, and truly this was found out by Experience, That the Roots of that which groweth wild in our own Country, works not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary provokes the Terms exceedingly; also being beaten into Powder and shrewed upon foul Ulcers, it consumes the dead Flesh, and instantly heals them; nay, it will help Gangreens in the beginning; twenty grains taken inwardly is a sufficient Dose for one time, and let that be corrected with half so much Cinnamon; Country-people used to rowel their Cattel with it: if a Beast be troubled with the Cough, or have taken any Poyson, they bore a hole through the Ear, and put a piece of the Root in it; this will help him in twenty four hours time. Many other uses Farriers put it to, which I shall forbear.

Herb-Robert.

Descript.] **I**T riseth up with a reddish Stalk two foot high, having divers Leaves thereon upon very long and reddish Foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges, some deeper than others, and all dented likewise about the edges, which oftentimes turn reddish: at the tops of the Stalks come forth divers Flowers made of five Leaves, much larger than the Doves Foot, and of a more reddish colour, after which come black Heads as in others: The Root is small and threddy, and smelleth as the whole Plant very strong, almost stinking.

Place.] This groweth frequently every where by Way-sides, upon Ditch-banks, and waste Grounds wheresoever one goeth.

Time.] It flowreth in June and July chiefly, and the Seed is ripe shortly after.

Government and Vertues.] It is under the Dominion of Venus. Herb-Robert is commended not only against the Stone, but to stay Blood, where, or howsoever flowing; it Speedily healeth all green Wounds, and is effectual in old Ulcers in the Privy Parts, or elsewhere. You may persuade your self this is true, and also conceive a good reason for it, if you but consider 'tis an Herb of Venus, for all it hath a Mans Name.

Herb True-love, or One-berry.

Description.] **O**Rdinary Herb True-love hath a small creeping Root running under the upper Crust of the Ground, somewhat like a Couch-grass-Root, but not so white, shooting forth Stalks with Leaves, some whereof carry no Berries, though others do, every Stalk smooth without Joints, and blackish green, rising about half a foot high if it bear Berries, otherwise seldom so high, bearing at the top four Leaves set directly one against another in manner of a Cross or Ribband tyed (as it is called) on a true Loves Knot, which are each of them apart somewhat like unto a Nightshade-Leaf, but some-

somewhat broader, having sometimes three Leaves, sometimes five, sometimes six, and those sometimes greater than in others. In the middle of the four Leaves riseth up one small slender Stalk about an inch high, bearing at the top thereof one Flower spread open, like a Star, consisting of four small and long narrow pointed Leaves of a yellowish green colour, and four other lying between them lesser than they; in the middle thereof stands a round dark purplish button or head, compassed about with eight small yellow mealy threds with three colours, make it the more conspicuous, and lovely to behold: This button or head, in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of Juyce, of the bigness of a reasonable Grape, having within many white Seeds. The whole Plant is without any manifest taste.

Place.] It groweth in Woods and Copfes, and sometimes in the corners of borders of Fields, and waste Grounds in very many places of this Land; and abundantly in the Woods, Copfes, and other places about Chislehurst and Maidstone in Kent.

Time.] They spring up in the middle of April or May, and are in flower soon after: The Berries are ripe in the end of May, and in some places in June.

Government and Vertues.] Venus owns it. The Leaves or Berries hereof are effectual to expel Poyson of all sorts, especially that of the Aconites; as also the Plague, and other Pestilential Diseases. Some have been holpen thereby, saith *Matholus*, that have lyen long in a lingering Sickness, and others that by Witchcraft (as it was thought) were become half foolish, by taking a dram of the Seed or Berries hereof in Powder every day for twenty days together, they were restored to their former health. The Roots in Powder taken in Wine easeth the Pains of the Colick speedily: The Leaves are very effectual as well for green Wounds, as to cleanse and heal up filthy Sores and Ulcers; and is very powerful to discuss all Tumors and Swellings in the Cods, Privy Parts, or Groyn, or in any part of the Body, and speedily to allay all Inflammations. The Leaves of the Juyce applied to Felons, or those Nails of the Hands or Toes that have imposthumes or Sores gathered together at the Roots of them, healeth them in short space.

The Herb is not to be described for the Premises, but is fit to be nourished in every good Womans Garden.

Hyfop.

HYfop is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a Description thereof. The Vertues are as followeth:

Temperature and Vertues.] The Herb is *Jupiters*; and the Sign *Cancer*. It strengthens all the parts of the Body under *Cancer* and *Jupiter*; which what they may be, is found amply discoursed in my *Astrological Judgment of Diseases*. *Dioscorides* saith, That Hyfop boyled with Rew and Honey and drunk, helpeth

those that are troubled with Coughs, shortness of Breath, Wheesing, and rheumatick Distillations upon the Lungs: taken also with Oxymel, it purgeth gross humors by the stool; and with Honey killeth Worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the Belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth the native Colour of the Body spoiled by the Yellow Jaundice, and being taken with Figs and Nitre, helpeth the Dropsie and Spleen. Being boyled with Wine, is good to wash Inflammations; and taketh away the black and blew spots and marks that comes by strokes, bruises or falls, being applied with warm Water. It is an excellent Medicine for the Quinzie, or swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vinegar, and gargled therewith. The hot Vapors of the Decoction taken by a Funnel in at the Ears, easeth the Inflammation and singing Noise of them. Being bruised, and Salt, Honey and Cummin-seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-sickness, which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Grievs, or Diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any Cut or green Wound, being thereunto applied.

Cough, Shortness of Breath, Wheesing, Gross Humors, Worms, Yellow Jaundice, Dropsie, Spleen, Inflammations, Black and Blew Spots, Quinzie, Tooth-ach, Noise in the Ears, venomous Beasts, Lice, Itching of the Head, Falling-sickness, Wounds.

Hops.

These are so well known that they need no Description, I mean the Manured kind which every good Husband or Housewife is acquainted with.

The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough Branches and Leaves like the former; but it giveth smaller heads, and in far less plenty than it, so that there is scarce a head or two seen in a year on divers of this wild kind, wherein consisteth the chief difference.

Place.] They delight to grow in low moist Grounds, and are found in all parts of this Land.

Time.] They spring not up until April, and flower not until the latter end of June; the heads are not gathered until the middle or latter end of September.

Government and Vertues.] It is under the Dominion of Mars. This in Physical Operations, is to open Obstructions of the Liver and Spleen to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urine. The Decoction of the tops of Hops, as well of the tame as the wild, worketh the same effects. In cleansing the Blood they help to Cure the French Diseases, and all manner of Scabs, Itch, and other breakings

Liver, Spleen, Obstructions, Blood, Reins cleanseth, French-Pox, Scabs, Itch, Tetters, Ring-worms, Morpew, Poyson, Worms, Terms provokes, Dysury.

Yellow Jaundice, Liver, Stomach, Agues.

breakings out of the Body; as also all Tetters, Ring-worms and spreading Sores, the Morphew and all Discolourings of the Skin. The Decoction of the Flowers and Tops, do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the Yellow Jaundice, easeth the Head-ach that comes of heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise in Choler and Blood. Both the wild and the manured are of one property, and alike effectual in all the aforesaid Diseases.

By all these Testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reason will tell you how it performs these Actions.

Horehound.

Descript.] *Common Horehound groweth up with square hairy Stalks, half a yard or two foot high, set at the joynts with two round crumpled rough Leaves, of a sullen hoary green colour, of a reasonable good scent, but a very bitter taste. The Flowers are small, white and gaping, set in a rough, hard, prickly Husk, round about the joynts with the Leaves from the middle of the stalk upward, wherein afterwards is found small, round, blackish Seed. The Root is blackish, hard and woody, with many strings thereat, and abideth many years.*

Place.] It is found in many parts of this Land, in dry Grounds, and waste green places.

Time.] It flowreth in and about July, and the Seed is ripe in August.

Government and Vertues.] It is an Herb of Mercury. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey,

Difficulty of Breath, Cough, Consumption, Flegm, Terms provoke, After-birth, Weariness, Poyson, Venomous Beasts, Ulcers, Sides, Eyes, Yellow Jaundice, Ears, Obstructious of the Liver and Spleen, Liver, Itch, Tetters, Worms, Dogs bitings, Womens Breast, Thorns, Asthmaes.

is a Remedy for those that are Purse or Short-winded, or have a Cough, or are fallen into a Consumption either through long Sickness, or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Chest, being taken from the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expel the After-birth, and to them that have fore and long Travels, as also to those that have taken Poyson, or are stung or bitten by venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the Flesh over the Nails. It also helpeth Pains of the Sides. The Juyce thereof with Wine and Honey,

helpeth to clear the Eye-sight, and snuffed up into the Nostrils, purgeth away

the Yellow Jaundice, and with a little Oyl of Roses dropped into the Ears, easeth the pains of them. *Galen* saith it openeth Obstructions both of the Liver and Spleen, purgeth the Breast and Lungs of Flegm: and used outwardly, it both cleanseth and digesteth. A Decoction of *Horehound* (saith *Matthiolus*) is available for those that have bad Livers, and for those as have Itches and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boyled in old Hogs-grease unto an Ointment, healeth the bitings of Dogs, abateth the Swellings of Womens Breasts, and taketh away the Swellings and Pains that come by any pricking of Thorns, or such like means, and used with Vinegar, it cleanseth and healeth Tetters. There is a Syrup made of *Horehound* to be had at the Apothecaries, very good for old Coughs to rid the tough Flegm; as also to avoid cold Rheum from the Lungs of old Folks, and for those that are Asthmatick or short-winded.

Horstail.

OF that there are many kinds; but I shall not trouble you nor my self with any large Description of them, which to do were but as the Proverb is, *To find a Knot in a Rush*. All the kinds hereof being nothing else but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth.

Descript.] The great Horstail at the first springing hath Heads somewhat like those of *Asparagus*, and after grow to be hard, rough, hollow Stalks, joyned at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of small long Rush-like hard Leaves, each part resembling a Horse-tail (from whence it was so called.) At the tops of the Stalks come forth small Catkins like those of Trees. The Root creepeth under ground, having joyns at sundry places.

Place.] This (as the most of other sorts hereof) groweth in wet Grounds.

Time.] They spring up in *April*, and their blooming Catkins in *July*, seeding for the most part in *August*, and then perish down to the ground, rising afresh in the Spring.

Government and Vertues.] The Herb is belonging to *Saturn*, yet is very harmless, and excellent good for the things following; Horstail, the smother rather than the rough, and the leaved rather than the bare, are most Physical. It is very powerful to stanch Bleeding wheresoever, either inward or outward, the Juyce or the Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applyed outwardly. It stayeth also all sorts of Läsks and Fluxes in Man or Woman, and the Pissing of Blood, and healeth also not only the inward Ulcers, and Excoriations of the Entrails, Bladder, &c. but all other sorts of foul, moist and running Ulcers, and soon sodereth together the tops of green Wounds. It Cureth also Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urine, and helpeth

Bleeding, Flux, Terms stops, Pissing Blood, Inward Ulcers, Excoriations of the Bladder, Ulcers, Wounds, Ruptures, Dysury, Stone, Strangury, Cough, Inflammations, Pimples, red Face.

helpeth the Stone and the Strangury : and the distilled Water thereof drunk two or three times in a day, and a small quantity at a time ; as also easeth the Entrails or Guts, and is effectual against a Cough that comes by distillation from the Head. The Juyce or distilled water being warmed, and hot Inflammations, Pustles, or red Wheals and other breakings out in the Skin, being bathed therewith doth help them ; and doth no less ease the swelling heat and Inflammation of the Fundament or Privy Parts in Man or Woman.

Houfleeke, or Sengreen.

BOth these are so well known unto my Countrey-men, that I shall not need to write any Description of them.

Place.] It groweth commonly on Walls and House-sides, and flowreth in July

Government and Vertues.] It is an Herb of *Jupiter*, and is reported by *Mizaldus*, to preserve what it grows upon from Fire and Lightning. Our ordinary Houfleeke is good for all inward Heats as well as outward, and in the Eyes or other parts of the Body, a Posset made with the Juyce of Houfleeke is singular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quencheth the Thirst : and is also good to stay all hot defluxions of sharp and salt Rheums in the Eyes, the Juyce being dropped into them, or into the Ears, helpeth them. It helpeth also other Fluxes of Humors in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, *St. Antonies-fire*, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ring-worms, and the like ; and much easeth the pain of

Gout proceeding from an hot cause. The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on them afterwards. It easeth also the Head-ach, and distempered Heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples and Fore-head. The Leaves bruised and laid upon the Crown or Seam of the Head, stayeth Bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for all the purposes aforesaid. The Leaves being gently rubbed on any place stung with Nettles or Bees doth quickly take away the pain.

Hounds-Tongue.

Description.] **T**He great ordinary Hounds-Tongue hath many long and somewhat narrow, soft, hairy darkish green Leaves, lying on the Ground somewhat like unto Bugloss-Leaves, from among which riseth up a rough hairy Stalk about two foot high, with some smaller Leaves thereon, and branched at the top into divers parts, with a small Leaf at the foot of every Branch which is somewhat long, with many Flowers set along the same, which Branch is crooked

or turning inwards before it floweth and openeth by degrees as the Flowers do blow, which consist of small purplish red Leaves of a dead colour, scarce rising out of the Husk wherein they stand with some threads in the middle. It hath sometimes a white Flower. After the Flowers are past, there cometh rough flat Seed, with a small pointel in the middle, easily cleaving to any Garment that it toucheth, and not so easily pulled off again. The Root is black, thick and long, hard to brevk, and full of a clammy Juyce, smelling somewhat strong, of an evil scent as the Leaves also do.

Place.] It groweth in moist places of this Land, in waste Grounds, and untilld places by High-way-fides, Lanes and Hedge-fides.

Time] It floweth about May and June, and the Seed is ripe shortly after.

Government and Vertues.] It is a Plant under the Dominion of Mercury : The Roots is very effectually used in Pills, as well as the Decoctions, or otherwise, to stay all sharp and thin Defluxions of Rheum

from the Head into the Eyes or Nose ; or upon the Stomach or Lungs, as also for Coughs or shortness of Breath. The Leaves boyled in Wine (saith Dioscorides) but others do rather appoint it to be made with Water, and to add thereto Oyl and Salt, mollifieth or openeth the Belly downwards. It also

Eyes, Nose, Stomach, Lungs, shortness of Breath, mad Dogs, Scalding, Burning, Hemorrhoids, Wounds, Ulcers, French-Pox.

helpeth to cure the biting of a mad Dog, some of the Leaves being also applyed to the Wound : The Leaves bruised, or the Juyce of them boyled in Hogs-Lard, and applyed, helpeth the falling away of the Hair which cometh of hot and sharp Humors ; as also for any place that is scalded or burnt : the Leaves bruised and laid to any green Wound doth heal it up quickly : the Root baked under the Embers wrapped in Paste, or wet Paper, or in a wet double Cloath, and thereof a Suppository made, and put up into, or applyed to the Fundament, doth very effectually help the painful Piles or Hemorrhoids. The distilled Water of the Herbs and Roots, is very good to all the purposes aforesaid, to be used as well inwardly to drink, as outwardly to wash any sore places, for it healeth all manner of Wounds and Punctures, and those foul Ulcers that arise by the French-Pox.

Mizaldus adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you ; Hounds-Tongue, because it ties the Tongues of Hounds, whether it be true or not, I never tried : yet I have cured the Biting of a mad Dog with this only Medicine.

Holly, Holm, or Hulver-bush.

For to describe a Tree so well known, is needless.

Government and Vertues.] The Tree is really Saturnine. The Berries expel Wind, and therefore are held to be profitable in the Colick. The Berries have a strong faculty with them : for if you eat a dozen of them in the Morning fasting when they are ripe, and not dried, they purge the Body of gross and clammy Flegm : but if you dry the Berries, and beat them into

Expel Wind, Colick, Flegm, Fluxes, Bloody-Fluxes stop, the Terms, Bones broken, Members out of Joynt, Witchcraft.

Powder, they bind the Body and stop Fluxes, Bloody-Fluxes, and the Terms in Women: The Bark of the Tree, and also the Leaves are excellent good being used in Fomentations for broken Bones and such Members as are out of Joynt. Pliny saith, the Branches of the Tree defend Houses from Lightning, and Men from Witchcraft.

St. John's-wort.

Descript.] **C**ommon St. John's-wort shooteth forth brownist, upright, hard, round Stalks, two foot high, spreading many Branches from the sides up to the tops of them, with two small Leaves set one against another at every place, which are of a deep green colour somewhat like the Leaves of the lesser Centaury, but narrower, and full of small holes in every Leaf, which cannot be so well perceived as when they are held up to the light. At the tops of the Stalks and Branches stand yellow Flowers made of five Leaves a piece, with many yellow threads in the middle, which being bruised do yield a reddish Juyce like Blood, after which come small round Heads, wherein is contained small blackish Seed smelling like Rozin. The Root is hard and woody, with divers strings and fibres at it, and of a brownish colour, which abideth in the ground many years, shooting anew every Spring.

[Place] This groweth in Woods and Copces, as well those that are shady as open to the Sun.

Time.] They flower about Mid-summer, and in July, and their Seed is ripe in the latter end of July or August.

Government and Vertues.] It is under the Cœlestial Sign *Leo*, and under the Dominion of the Sun. It may be if you meet with a Papiſt that is an Astrologer, he will tell you St. John made it over to him by a Letter of Attorney, especially if withal he be a Lawyer also. St. John's-wort is a singular Wound

Wounds, Bruises, Obstruction, Swellings, Spitting and Vomiting Blood, Venomous Beasts, Dysury, Choler, Agues, Sciatica, Falling-sickness, Palsie.

Herb as any other whatsoever, either for inward Wounds, Hurts or Bruises, to be boyled in Wine and drunk, or prepared into Oyl or Ointment, Bath or Lotion inwardly. It hath power to open Obstructions, to dissolve Swellings, to close up the lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed especially in Wine, being drunk, or the Seed

made in a Powder, and drunk with the Juyce of Knot-grafs, helpeth all manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly by Bruises, Falls, or however. The same helpeth those that are Bitten or Stung by any venomous Creature: and is good for those that are troubled with the Stone in the Kidneys: or that cannot make Water; and being applied, provoketh Womens Courses. Two drams of the Seed of St. John's-wort made into Powder, and drunk in a little Broth, doth gently expel Choler or congealed Blood in the Stomach: The Decoction of the Leaves and Seeds being drunk somewhat warm before the fits of Agues whether they be Tertians, or Quartans, doth alter the fits, and by often using, doth take them quite away: The Seed

is much commended being drunk for fourty days together, to help the Sciatica, the Falling-sicknes and the Palfie.

Ivy.

IT is well known to every Child almost to grow in Woods upon the Trees, and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time.] It flowreth not until *July*, and the Berries are not ripe till *Christmas* that they have felt Winter frosts.

Government and Vertues.] It is under the Dominion of *Saturn*. A Pugil of the Flowers, which may be about a dram (saith *Dioscorides*) drunk twice a day in red Wine, helpeth the Lask and Bloody-Flux. It is an enemy to the Nerves and Sinews being much taken inwardly, but very helpful unto them being outwardly applyed. *Pliny* saith, That the yellow Berries are good against the Jaundice, and taken before one be set to drink hard, preserveth from Drunkenness, and helpeth those that spit Blood: and that the white Berries being taken inwardly, or applyed outwardly, killeth the Worms in the Belly. The Berries are a singular Remedy to prevent the Plague, as also to free them from it

Flux, Bloody-Flux, Jaundice, Spitting Blood, Worms, Drunkenness, Pe-silence, Stone, Dysury, Terms provokes, Spleen, Stitch, Head-ach, Ulcers, Wounds, Burnings, Scaldings, Salt, Flegm, Rheum, Sore Eyes.

that have got it, by drinking the Berries thereof made into Powder, for two or three days together: They being taken in Wine, do certainly help to break the Stone, provoke Urine and Womens Courses. The fresh Leaves of Ivy, boyled in Vinegar, and applyed warm to the Sides of those that are troubled with the Spleen, Ach or Stitch in the Sides, doth give them much ease: the same applyed with some Rose-water and Oyl of Roses to the Temples and Forehead, easeth the Head-ach, though it be of long continuance. The fresh Leaves boyled in Wine, and old filthy Ulcers hard to be Cured washed therewith, doth wonderfully help to cleanse and heal them: It also quickly healeth green Wounds, as also it is effectual to heal all burnings and scaldings, and all kind of exulcerations coming thereby, or by salt flegm or humors in other parts of the Body. The Juyce of the Berries or Leaves snuffed up into the Nose, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nose, and Cureth the Ulcers and stench therein: the same dropped into the Ears, helpeth the old and running Sores of them: those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made with Ivy, so as the drink may stand some small time therein before it be drunk. *Cato* saith, That Wine put into such a Cup will soak through it, by reason of the Antipathy that is between them.

There seems to be a very great Antipathy between Wine and Ivy; for if any have got a Surfeit by drinking Wine, his speediest Cure is to drink a draught of the same Wine wherein a handful of Ivy Leaves being first bruised have been boyled.

Juniper-Bush.

FOr to give a Description of a Bush so commonly known is needless. *Place.]* They grow plentifully in divers Woods in *Kent*, upon *Warny-Common* near *Brent-Wood* in *Essex*, upon *Finchly-Common* without *High-Gate*, hard by the *New-found Wells* near *Dullage*, upon a Common between *Mitcham* and *Croydon*, in the High-way near *Amersham* in *Buckinghamshire*; and many other places.

Time.] The Berries are not ripe the first year, but continue green two Summers and one Winter before they be ripe; at which time they are of a black colour, and therefore you shall always find upon the Bush green Berries: the Berries are ripe about the Fall of the Leaf.

Government and Vertues.] This admirable Solar Shrub is scarce to be parallel'd for his Vertues. The Berries are hot in the third degree, and dry but in the first, being a most admirable Counter-Poyson, and as great a resister of the Pestilence as any grows; they are excellent good against the Bitings of Venomous Beasts, they provoke Urine exceedingly, and therefore are very available to Dysuries and Stranguries: It is so powerful a Remedy against the Dropsie, that the very Lye made of the Ashes of the Herb being drunk Cures the Disease; it provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels Wind: indeed there is scarce a better Remedy for Wind in any part of the Body, or the Colick, than the Chymical Oyl drawn from the Berries: such Countrey People as know not how to draw the Chymical Oyl, may content themselves by eating ten or a dozen of the ripe Berries every Morning fasting, they are Admirable good for the Cough, shortness of Breath, and Consumption, Pains in the Belly, Ruptures, Cramps and Convulsions: they give safe and speedy Delivery to Women with Child, they strengthen the Brain, exceedingly help the

Counter-Poyson, Pestilence, Venomous Beasts, Urine provoketh, Dysury, Strangury, Dropsie, Terms provoketh, Mother-fits, Stomach, Wind expels, Colick, Cough, Shortness of Breath, Consumption, Pains in the Belly, Ruptures, Cramp, Convulsions, Speedy Delivery to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs strengtheneth, Scurvy, Fluxes stop, Piles, Worms, Itch, Scab, Leprosie, Stone, Appetite provoketh, Palsies, Falling-sickness.

Memory, and fortifie the Sight by strengthening the Optick Nerves: They are excellent good in all sorts of Agues, they help the Gout and Sciatica, and strengthen all the Limbs of the Body. The Ashes of the Wood is a special Remedy to such as have the Scurvy to rub their Gums with: The Berries stay all Fluxes, help the Hemorrhoids or Piles, and kill Worms in Children: A Lye made of the Ashes of the Wood, and the Body bathed with it, cures the Itch, Scabs and Leprosie: The Berries break the Stone, procure Appetite when it is lost, and are excellent good for Palsies and Falling-sickness.

Kidney-wort, or Wall-Peny-royal, or Wall-Peny-wort.

Descript.] *I*T hath many thick, flat, and round Leaves growing from the Root, every one having a long foot-stalk fastned underneath about the middle of it, and a little unevenly weaved sometimes about the edges, of a pale green colour, and somewhat yellow on the upper-side like a Sawcer; from among which rise one or more tender smooth hollow stalks half a foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long and divided at the edges: The tops are somewhat divided into long branches, bearing a number of flowers, set round about a long spike one above another, which are hollow and like a little Bell, of a whitish green colour, after which come small Heads containing very small brownish Seed, which falling on the Ground, will plentifully spring up before Winter, if it have moisture. The Root is round, and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the Stalk.

Place.] It groweth very plentifully in many places of this Land, but especially in all the West parts thereof, upon Stone and Mud Walls, upon Rocks also, and in stony places upon the Ground, at the bottom of old Trees, and sometimes on the Bodies of them that are decayed and rotten.

Time.] It usually flowreth in the beginning of May, and the Seed ripening quickly after, sheddeth it self: so that about the end of May, usually the Leaves and Stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all Winter.

Government and Vertues.] *Venus* challengeth the Herb under *Libra*. The Juyce or the distilled Water being drunk is very effectual for all Inflammations and unnatural Heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels: The bruised Herb, or the place bathed with the Juyce or distilled Water thereof, and outwardly applyed healeth Pimples, Redness, St. Antho-nier-fire, and other outward Heats and Inflammations. The said Juyce or VWater helpeth much also to heal sore Kidneys, torn or fretted by the Stone, or excoriated within, and easeth the pains: It also provoketh Urine, and is available for the Dropsie, and helpeth to break the Stone, cooling the inflamed parts, and other pains of the Bowels, and the Bloody-Flux. It is singular good to cool the painful Piles, or Hemorrhoidal Veins, the Juyce being used as a Bath unto them, or made into an Ointment: It is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods: It helpeth the Kernels or Knots in the Neck or Throat, called the Kings-Evil; healeth Kibes and Chilblains if they be bathed with the Juyce, or anointed with an Ointment made thereof, and some of the skin of the Leaf laid upon them: It is also used in green VVounds to stay the Blood, and to heal them quickly.

Inflammations, Pimples, Redness, St. Anthonies-fire, Kidneys, Hurt by the Stone, Dysury, Stone, Bloody-flux, Piles, Hemorrhoids, Gout, Sciatica, Cods, Kings-Evil, Kibes, Chilblains.

Knapweed.

Knapweed.

Description.] **T**He common sort hereof hath many long, and somewhat broad dark green Leaves rising from the Root dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withal, among which riseth a strong round Stalk, four or five foot high, divided into many branches; at the tops whereof stand green scaly green Heads, and from the middle of them thrust forth a number of dark purplish red thrums or threads, which after they are withered and past, there is found divers black Seeds, lying in a great deal of Down, somewhat like unto a Thistle-seed, but smaller: The Root is white, hard, and woody, and divers fibres annexed thereunto, which periseth not, but abideth with Leaves thereon all the Winter, shooting fresh every Spring.

Place.] It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many waste Grounds also every where.

Time.] It usually flowreth in June and July, and the Seed is ripe shortly after.

Government and Vertues.] Saturn challengeth the Herb for his own. The Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those Veins that are inwardly broken, or inward VVounds, as also the Fluxes of the Belly: It stayeth the Distillations of thin and sharp Humors from the Head upon the Stomach and Lungs: it is good for those that are bruised by any Fall, Blows or otherwise. It is very profitable for those that are burst, and have a Rupture, by drinking the Decoction of the Herb and Roots in VVine, and applying the same outwardly to the place. It is singular good in all running Sores, cankerous and fistulous, drying up the moisture, and healing them up gently, without sharpness; it doth the like to running Sores and Scabs of the Head, or other parts. It is of special use for the soreness of the Throat, swelling of the Uvula and Jaws; and excellent good to stay the Bleeding, and heal up all green VVounds.

Knot-grass.

IT is generally so well known that it needeth no Description.

Place.] It groweth in every County of this Land, by the High-way-sides and by Foot-paths in Fields, as also by the sides of old VValls.

Time.] It springeth up late in the Spring, and abideth until VVinter, when all the Branches perish.

Government and Vertues.] Saturn seems to me to own the Herb, and yet some hold the Sun; out of doubt 'tis Saturn. The Juyce of the common Knot-grass is most effectual to stay Bleeding at the Mouth, being drunk in stealed or red VVine: and the Bleeding at the Nose, to be applyed to the Forehead and Temples, or to be squirted up into the Nostrils. And no less effectual

to cool and temper the heat of the Blood and Stomach, and to stay any Flux of the Blood and Humors, as Lask, Bloody-Flux, VVomens Courfes, and Running of the Reins. It is singular good to provoke Urine, help the Stragury, and allayeth the heat that cometh thereby; and is powerful by Urine to expel the Gravel or Stone in the Kidneys and Bladder, a Dram of the Powder of the Herb being taken in VVine for many days together: Being boyled in VVine and drunk, it is profitable to those that are

Bleeding, Heat, Flux, Bloody-Flux, Courfes stops, Dysury, Gravel, Venomous Beasts, Rheum, Worms, Heat, Choler, Inflammations, Imposthumes, Gangrenes, Fistulaes, Cankers, Ulcers, Wounds, Ears.

being or bitten by venomous Creatures, and very effectual to stay all De- fluxions of rheumatick Humors upon the Stomach, and killeth VVorms in the Belly or Stomach, quitteth inward Pains that arise from the heat, sharpness, and corruption of Blood and Choler: The distilled VVater hereof taken by it self or with the Powder of the Herb or Seed, is very effectual to all the purposes aforesaid, and is accounted as one of the most soveraign Remedies to cool all manner of Inflammations, breaking out through Heat, hot Swellings and Imposthumations, Gangrenes and fistulous Cankers, or foul filthy Ulcers being applied or put into them; but especially for all sorts of Ulcers, and Sores happening in the Privy parts of Men and VVomen. It helpeth all fresh and green VVounds, and speedily helpeth them. The Juyce dropped into the Ears cleanseth them being foul, and have running matter in them.

It is very prevalent for the Premises; as also for broken Joynts, and Ruptures.

Ladies-Mantle.

Descript.] **I**Thath many Leaves rising from the Root, standing upon long hairy Foot-stalks, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a Star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but bendeth down to the ground, divided at the top into two or three small branches, with small yellowish green Heads, and Flowers of a whitish colour, breaking out of them; which being past, there cometh small yellowish seed like Poppy-seed: The Root is somewhat long and black, with many strings or fibres thereat.

Place.] It groweth naturally in many Pastures, and VVood-sides in Hartfordshire, Wiltshire, and Kent, and other places of this Land.

Time.] It flowreth in May and June, abideth after Seed-time green all the VVinter.

Government and Vertues] *Venus* claims the Herb as her own. *Ladies*

Inflammations, Bleeding, Vomiting, Fluxes, Bruises, Ruptures, Flagging Breasts, Barrenness, Women with Child.

Mantle is very proper for those Wounds that have Inflammation, and is very effectual to stay Bleedings, Vomitings, Fluxes of all sorts in Man or Woman, and Bruises by Falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great flagging Breasts, causing them to grow less and hard, being both drunk, and outwardly applied: The di-

stilled Water drunk for twenty days together, helpeth Conception, and to retain the Birth; If the Woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular Wound-Herbs that is, and therefore highly prized and praised by the *Germans*, who use in all Wounds inward and outward, to drink the Decoction thereof, and wash the VVounds therewith, or dip Tents therein, and put them into the VVounds, which wonderfully dryeth up all humidity of the Sores, and abateeth Inflammations therein: It quickly healeth all green VVounds, not suffering any corruption to remain behind, and cureth old Sores, though fistulous and hollow.

Lavender.

BEing an Inhabitant in almost every Garden, it is so well known, that it needeth no Description.

Time.] It flowreth about the end of *June*, and beginning of *July*.

Government and Vertues.] *Mercury* owns the Herb, and it carries his effects very potently. *Lavender* is of special good use for

Head, Brains, Apoplexy, Falling-sickness, Lethargy, Cramps, Convulsions, Palsy both dead and shaking, Stomach, Liver, Spleen, Terms provokes, Colick, Vertigo, loss of Voice, Trembling, Fainting.

all the Griets and Pains of the Head and Brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drouzy or sluggish Malady, Cramps, Convulsions, Pallies, and often Faintings. It strengtheneth the Stomach, and freeth the Liver and Spleen from Obstructions, provoketh VVomens Courses, and expelleth the dead Child and After-birth. The Flowers of Lavender steeped in VVine,

helpeth them to make VVater that are stopped, or are troubled with the VVind or Colick, if the places be bathed therewith; A Decoction made with the Flowers of Lavender, Hore-hound, Fennel, and Asparagus-roots, and a little Cinnamon, is very profitably used to help the Falling-sickness, and the giddiness or turning of the Brain: To gargle the Mouth with the Decoction thereof is good against the Tooth-ach. Two spoonfuls of the distilled VVater of the Flowers taken, helpeth them that have lost their Voice; as also the Tremblings and Passions of the Heart, and Faintings and Swoonings, not only being drunk, but applied to the Temples or Nostrils to be smelt unto; but it is not safe to use it where the Body is repleat with Blood and Humors, because of the hot and subtile Spirits wherewith it is possessed. The Chymical Oyl drawn from *Lavender*, usually called *Oyl of Spike*, is of so fierce and piercing Spirits

that it is cautiously to be used, some few drops being sufficient to be given with other things, either for inward or outward Grievs.

Lavender Cotton.

It being a common Garden Herb, I shall forbear the Description, only take notice, that it flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Mercury*. It re-
fresheth Poyson, Putrefaction, and helps the bitings of
Venomous Beasts: A dram of the Powder of the *Poyson, Putrefaction, Ve-*
dried Leaves taken every Morning fasting in any *nomous Beasts, Running*
convenient Vehicle, stops the Running of the Reins *of the Reins, Whites in*
in Men, and VWhites in VWomen. The Seed being *Women, Worms, Scabs,*
beaten into Powder, and taken as VVorm-feed, it *Itch.*
kills the VVorms, not only in Children but also in
people of riper years: the like doth the Herb it self being boyled in Milk, and
the Milk drunk: the Body bathed with the Decoction of it, helps Scabs and
Itch.

Ladies-Smocks, or Cuckoo-Flowers.

Descript.] **T**He Root is composed of many small white threds, from whence
spring up divers long Stalks of winged Leaves consisting of ma-
ny round tender dark green Leaves set one against another upon a middle Rib,
the greatest being at the end, amongst which rise up divers tender weak round
green Stalks, somewhat streaked with longer and smaller Leaves upon them; on
the tops of which stand Flowers almost like the Stocks-Gilli-flowers, but rounder
and not so long, of a blushing white colour: The Seed is reddish, and groweth
in small Pouches, being of a sharp biting taste, and so hath the Herb.

Place.] They grow in moist places and near to Brook-sides.
Time.] They flower in *April* or *May*, and the lower Leaves continue green
all the VVinter.

Government and Vertues.] They are under the Dominion of the *Moon*, and
very little inferior to VWater-Cresses in all their
operation: They are excellent good for the Scurvy: *Scurvy, provoke Urine,*
they provoke Urine and break the Stone, and excel- *Stone, Stomach lost, Ap-*
ently warm a cold and weak Stomach, restoring lost *petite, Indigestion.*
Appetite, and helpeth Digestion.

Lettuce.

It is well known, being generally used as a Sallet Herb, that it is altogether
needless to write any Description thereof.

Government and Vertues.] The *Moon* owns them, and that's the Reason
they cool and moisten what heat and dryness *Mars* causeth, because *Mars*
hath his fall in *Cancer*, and they cool the Heart, because the *Sun* rules it, be-
cause whom and the *Moon* is a Reception in the Generation of Man, as you
may see in my *Guide for Women*. The Juyce of *Lettuce* mixed or boyled
with

Watching, Head-ach, Indigestion, Thirst, Milk increaseth, Choler, Bowels, Lust, Venereous Dreams, Inflammation, Heat of Urine.

with Oyl of Roses, and applied to the fore Head and Temples, procureth Sleep, and easeth the Head-ach proceeding of an hot cause: being eaten boyled it helpeth to loosen the Belly. It helpeth Digestion, quencheth Thirst, increaseth Milk in Nurfes, easeth griping pains of the Stomach or Bowels, that come of Choler. It abateth bodily Lust, represseth Venereous Dreams, being outwardly applied to the Cods with a little Camphire. Applied in the same manner to the Region of the Heart, Liver, or Reins, or by bathing the said place with the Juyce or distilled Water, wherein some white Sanders, or red Roses are put also, it not only represseth the Heat and Inflammation therein, but comforts and strengthens those parts, and also tempereth the heat of Urine. *Galen* adviseth old Men to use it with Spices, and when Spices are wanting, to add Mints, Rochet, and such like hot Herbs, or Citron, Lemon, or Orange-seeds, to abate the cold of one, and heat of the other. The Seed and distilled water of the Lettuce work the like effects in these things: but the use of Lettuce is chiefly forbidden to those that are shortwinded or have any Imperfection in their Lungs, or spit Blood.

The Water-Lilly.

OF these there are two principally noted kinds, *viz.* The white, and the yellow.

Descrpt.] The white Lilly hath very large, and thick dark green Leaves lying on the Water, sustained by long and thick Foot-stalks, that rise from a great, thick, round and long tuberous black Root, spongy, or loose with many knobs thereon like Eyes, and whitish within, from amidst the which rise other the like thick and great Stalks, sustaining one large great Flower thereon, green on the out-side, but as white as Snow within, consisting of divers rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threads or thrums in the middle where after they are past stand round Poppy-like heads full of broad, oily, bitter seed.

The yellow kind is a little different from the former, save only it hath fewer Leaves on the Flowers, greater and more shining Seed, and a whitish Root, both within and without: The Roots of both being somewhat sweet in taste.

Place.] They are found growing in great Pools and standing Waters, and sometimes in flow running Rivers, and lesser Ditches of Water, in sundry places of this Land.

Time.] They flower most commonly about the end of May, and their Seed is ripe in August.

Government and Vertues.] The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and Flowers of

Inflammations, Agues.

the Water-Lillies are cold and moist, but the Root and Seed is cold and dry: The Leaves do cool all Inflammations, and both outward and inward heat of Agues.

Head, and so doth the Flowers also, either by the Syrup or Conserve: The Head-syrup helpeth much to procure rest, and to settle the Brains of Frantick Persons, by cooling the hot Temperature of the Head. The Seed as well as the Root is effectual to stay Fluxes of Blood or Humors, either of Wounds, or of the Belly: but the Flowers are most used, some choosing the one, and some the other, to be more effectual to cool, bind, and restrain all Fluxes in Men or Woman, as also the Running of the Reins, and the passing away of the Urine when one is asleep: but the frequent use hereof extinguisheth Venereous Inflammations: The Root is likewise very good for those whose Urine is hot and peremptory, to be boyled in VVine and VVater, and the decoction drunk. The distilled VVater of the Flowers is very effectual for all the Diseases aforesaid, or either inwardly taken and outwardly applied, and is much commended to take away Freckles, Spots, Sunburn, and Morphew from the Face, or other parts of the Body. The Oyl made of the Flowers, as Oyl of Roses is made, is providently used to cool hot Tumors, and the Inflammations of Ulcers and VVounds, and to ease the pains, and help the Sores.

Watching, Frenzie, Rux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morphew.

Lilly of the Valley.

Called also *Conval-Lilly*, *May-Lilly*, and *Lilly Confancy*.
 Descript.] The Root is small, and creepeth far in the Ground, as Grass-roots do: the Leaves are many, amongst which ariseth up a Stalk half a foot high, from which many white Flowers like little Bells, with turned edges, of a strong, though not pleasing smell: the Berries are red, not much unlike those of Sparagus.
 Place.] They grow plentifully upon Hamstead-Heath, and in many other green places in this Nation.
 Time.] They flower in May, and the Seed is ripe in September.
 Temperature and Vertues.] It is under the Dominion of Mercury, and therefore there is no question to be made but it strengthens the Brain, recruits a weak Memory, and makes it strong again: The distilled VVater dropped into the Eyes, helps Inflammations there, and also that Infirmary which they call a Pin and Web: The Spirit of the Flowers distilled in VVine, comforteth lost Speech, helps the Palsie, and is exceeding good in the Apoplexy, comforteth the Heart and vital Spirits. Gerard saith, That the Flowers being close stopped up in a Glasse put into an Ant-hill, and taken away again a month after, you shall find a Liquor in a Glasse, which being outwardly applied helps the Gout.

Brain, Memory, Inflammations in the Eyes, Pin and Web, lost Speech, Palsie, Apoplexy, Heart, Vital Spirits, Gout.

White-Lillies.

were in vain to describe a Plant so commonly known in every ones Garden, therefore I shall not tell you what they are, but what they are good for.

Govern-

Government and Vertues.] They are under the Dominion of the *Moon*, and by Antipathy to *Mars*, expel Poyson: they are excellent good in Pestilential Feavers: The Roots being bruised and boyled in Wine, and the Decoction

Poyson, Pestilential Feavers, Venom, Dropse, Scall'd Heads, Unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restor-eth.

drunk, for it expels the Venom to the exterior parts of the Body: the Juyce of it being tempered with Barley-meal baked, and so eaten for ordinary Bread, is an excellent Cure for the Dropse: An Ointment being made of the Root and Hogs-grease, is excellent good for Scall'd Heads, and unites Sinews when they are cut; besides the Vertue that it hath to cleanse Ulcers, it being of a fine suppurating quality: The Root boyled in any convenient Decoction gives speedy Delivery to Women in Travel,

and expels the After-birth: The Root roasted and mixed with a little Hogs-grease, makes a gallant Pultis to ripen and break Plague-sores: The Ointment is excellent good for Swellings in the Privities, and will cure Burnings and Scaldings without a Scar, and trimly deck a bald place with Hairs.

Liquorish.

Description.] **O**ur English Liquorish riseth up with divers woody Stalks, whereon are set at several distances, many narrow, long green Leaves, set together on both sides of the Stalks, and an odd one at the end, very well resembling a young Ash-tree sprung up from the Seed: This by many years continuance in a place without removing, and not else, will bring forth Flowers, many standing together spike-fashion one above another upon the Stalk, of the form of Pease-blossoms, but of a very pale blew colour, which turn into long, somewhat flat, and smooth Cods, wherein is contained small, round, hard Seed: The Root running down exceeding deep into the Ground, with divers other small Roots and Fibres growing with them, and shoot out Suckers from the main Roots all about, whereby it is much encreased, of a brownish colour on the out-side, and yellow within.

Place.] It is planted in Fields and Gardens in divers places of this Land, and thereof good profits is made.

Government and Vertues.] It is under the Dominion of *Mercury*. *Liquoris* boyled in fair Water with some Maiden-hair and Figs, maketh a good Drink for those that have a dry Cough or Hoarsness, Wheezing, shortness of Breath, and for all the griefs of the Breast and Lungs, Phtisick or Consumptions caused by the Distillation of salt Humors on them. It is also good in all pains of the

Reins, the Strangury and heat of Urine: The fine Powder of *Liquoris* blown through a Quill into the Eyes that have a Pin and Web (as they call it) or rheumatick Distillations into them doth cleanse and help them: The Juyce of *Liquoris* is as effectual in all the Diseases of the Breast and Lungs, the Reins and Bladder, as the Decoction. The Juyce dissolved in Rose-water, with some Gum Tragacanth, is a fine licking Medicinē for Hoarsness, Wheezings, &c.

Liver-

Liver-wort.

Descript.] Common Liver-wort groweth close, and spreadeth much upon the Ground in moist and shadowy places, with many sad green Leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise small slender Stalks an inch or two high at most, bearing small Star-like Flowers at the tops: The Roots are very fine and small.

Government and vertues.] It is under the Command of *Jupi- Liver*, *tu*, and under the Sign *Cancer*. It is a singular good Herb for all *Inflama-* the Diseases of the Liver, both to cool and cleanse it, and help- *tion, yellow* eth the Inflammations in any part, and the Yellow Jaundice like- *Jaundice,* wise; being bruised and boyled in small Beer and drunk, it *Spleen, run-* cooleth the Heat of the Liver and Kidneys, and helpeth the *ning of the* running of the Reins in Men, and the Whites in Women: It is *Reins,* a singular Remedy to stay the spreading of Tetters, Ring- *white,* Worms, and other fretting and running Sores and Scabs, and is *Tetters,* an excellent Remedy for such whose Livers are corrupted by *Rorms* Surfeits, which causeth their Bodics to break out, for it fortifies *worms,* the Liver exceedingly, and makes it impregnable. *Surfeits.*

Loose-strife, or Willow Herb.

Descript.] Common yellow Loose-strife groweth to be four or five foot high or more, with great round Stalks a little crested, diversly branched from the middle of them to the tops into great and long Branches, on all which at the Joynts there grow long and narrow Leaves but broader below, and usually two at a Joynt, yet sometimes three or four somewhat like willow-Leaves, smooth on the edges, and of a fair green colour from the upper Joynts of the Branches, and at the tops of them also stand many yellow Flowers of five Leaves a piece, with divers yellow threds in the middle, which turn into small round heads, containing small cornered Seeds: The Root creepeth under Ground, almost like Couch-grass but greater, and shooteth up every Spring brownish Heads, which afterwards grow up into Stalks: It hath no scent nor taste, but astringent.

Place.] It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time.] It flowreth from June to August.

Government and Vertues.] This Herb is good for all manner of Bleeding at Mouth or Nose, or Wounds, and all Fluxes of the Belly, and the Bloody-Flux, given either to drink, or taken by *Bleeding, Flux,* Clyster, it stayeth also the abundance of Womens Courfes: *Bloody-flux,* It is a singular good Wound-Herb for green Wounds to stay *Terms stops,* the Bleeding, and quickly close together the Lips of the wounds, *Sore* Wound, if the Herb be bruised, and the Juycy only applyed: *Mouth, Privi-* It is often used in Gargles for Sore Mouths, as also for the *ties, Gnats.*

Secret parts: The Smoak hereof being burned, driveth away Flies and Gnats which use in the Night-time to molest People inhabiting near Marshes, and in the Fenay Countreies.

Loose-strife, with spiked heads of Flowers.

Descript.] **T**His groweth with many woody square Stalks, full of Joynts about three foot high at least, at every one whereof, stand two long Leaves shorter, narrower, and of a larger green colour than the former, and some brownish. The Stalks are branched into many long stems of spiked Flowers, half a foot long, growing in Bundles one above another, out of small Husks, very like the spiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple Violet colour, or somewhat inclining to redness, in which Husks stand small round Heads after the Flowers are fallen, wherein is contained small Seed. The Root creepeth under Ground like unto the yellow, but is greater than it; and so are the heads of the Leaves when they first appear out of the Ground, and more brown than the other.

Place.] It groweth usually by Rivers and Ditches-sides in wet Grounds, as about the Ditches at and near Lambeth; and in many other places of this Land.

Time.] It flowreth in the Months of June and July.

Government and Vertues.] The Herb is an Herb of the Moon, and under the Sign Cancer; neither do I know a better preserver of the Sight when 'tis well; and not a better Cure of sore Eyes, than *Eye-bright* taken inwardly, and this used outwardly; 'tis cold in quality. This Herb is no whit inferior unto the former, it having not only all the Virtues which the former hath, but some peculiar Vertues of its own found out by Experience, as namely, The distilled Water is a present Remedy for Hurts and Blows on the Eyes, and for Blindness, so as the Chrystalline Humor be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of Judgment, who kept it long to himself as a great Secret: It also cleareth the Eyes of dust or any other thing gotten into them, and preserveth the Sight. It is also very much available against Wounds and Thrusts, being made into an Oyntment on this manner: To every Ounce of the water, add two Drams of May-Butter without Salt, and of Sugar and wax, of each as much also, let them boil gently all together: Let Tents dipped in the Liquor that remaineth after it is cold, be put into the Wounds, and the place covered with a Linnen Cloth doubled and anointed with the Oyntment: and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whatsoever, and stayeth their Inflammations by washing them with the Water, and laying on them a green Leaf or two in the Summer, or dry leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinsie, or Kings-Evil in the Throat. The said Water applied warm, taketh away all Spots, Marks, and Scabs in the Skin: And a little of it drunk, quenched Thirst when it is extraordinary.

Eyes,
Blindness,
Wounds,
Ulcers,
Inflammation,
Quinsie,
Kings-Evil,
Spots,
Marks,
Scabs.

Lovage.

Descript.] It hath many long and great Stalks, of large winged Leaves divided into many parts, like *Smallage*, but much larger and greater, every Leaf being cut about the edges, broadest forward, and smallest at the Stalk, of a sad green colour, smooth and shining. from among which rise up sundry strong, hollow, green Stalks, five or six foot, yea sometimes seven or eight foot high, full of Joynts, but lesser Leaves set on them than grow below; and with them toward the tops come forth long Branches, bearing at their tops large umbles of yellow Flowers; and after them flat brownish Seed. The Root groweth thick, great and deep, spreading much. and enduring long, of a brownish colour on the out side, and whitish within. The whole Plant, and every part of it smelleth strong and Aromatically, and is of an hot, sharp, biting taste.

Place.] It is usually Planted in Gardens, where if it be suffered, it groweth huge and great.

Time.] It floweth in the end of *July*, and seedeth in *August*.

Temperature and Vertues.] It is an Herb of the *Sun* under the sign *Taurus*. If *Saturn* offend the Throat (as he alwayes doth, if he be occasioner of the Malady, and in *Taurus* is the Genesis) this is your Cure. It openeth, cureth and digesteth Humours, and mightily provoketh Womens

Courses and Urine. Half a dram at a time of the dried Root *Humors, Terms* in Powder taken in Wine, doth wonderfully warm a cold *provokes, Dys-* Stomach, helpeth digestion, and consumeth raw and superfluous, Cold Stomach, Moisture therein: easeth all inward Gripings and *meth, Indige-* Pains, dissolveth Wind, and resisteth Poyson and Infection: *Slion, Wind, Poy-* It is a known and much praised Remedy to drink the Decoction, Epidemical coction of the Herb for any sort of Ague, and to help the *Diseases, Agues,* pains and torments of the Body and Bowels coming of cold. *Bellyake, Quin-* The Seed is effectual to all the purposes aforesaid (except *the, Pleurisie;* the last) and worketh more powerfully: The distilled Water, *Spots, Freckles;* ter of the Herb, helpeth the Quinsie in the Throat, if the *Boyles.*

Mouth and Throat be gargled and washed therewith, and helpeth the Pleurisie, being drunk three or four times. Being dropped into the Eyes it taketh away the redness or dimness of them; it likewise taketh away Spots or Freckles in the face. The leaves bruised and fayed with a little Hogs Lard, and laid hot to any Boitch or Boil, will quickly break it.

Lungwort.

Descrip.] This is a kind of Moss that groweth on sundry sorts of Trees, especially Oaks and Beeches, with broad, grayish tough Leaves diversly folded, crumpled and gashed in on the edges, and sometimes spotted also, with many small spots on the upper-side; it was never seen to bear any Stalk or Flower at any time.

Government and Vertues. Jupiter seems to own this Herb. This is of great use with many Physicians to help the Diseases of the Lungs, and for Coughs, Wheezings, and shortness of Breath, *Lungs, Coughs, wheezing Short-* which

ness of Breath, which it cureth both in Man and Beast; it is very profitably
ulcers in the put into Lotions that are taken to stay the moist Humours
Privities and that flow to Ulcers, and hinder their healing, as also to wash
else-where. all other Ulcers in the Privy Parts of Man or Woman.

It is an excellent Remedy boyled in Beer for broken-
winded Horses.



Madder.

Descript.] **G**arden Madder shooteth forth many very long, weak, four-square,
reddish Stalks trailing on the Ground a great way, very rough
or hairy, & full of Joints; at every of those Joints come forth many divers long,
and somewhat narrow Leaves, standing like a Star about the Stalks, rough also
and hairy, towards the tops whereof come forth many small pale yellow Flowers;
after which come small round heads, green at first, and reddish afterwards,
but black when they are ripe, wherein is contained the Seed. The Root is not
very great, but exceeding long, running down half a Man's length into the
Ground, red and very clear while it is fresh, spreading divers ways.

Place.] It is only manured in Gardens or larger Fields for the profit
that is made thereof.

Time.] It flowreth towards the end of Summer, and the Seed is ripe
quickly after.

Government and Vertues.] It is an Herb of Mars. It hath an opening qua-
lity, and afterwards to bind and strengthen. It is an allu-
Yellow Jaundice, red Remedy for the Yellow Jaundice, by opening the Ob-
Obstructions of the Liver and Gall, and cleansing those parts: It openeth also the Obstructions of the Spleen, and dimi-
the Liver and Gall, Spleen, Melancholy, Palsie, Palsie and Sciatica, and effectual for Bruises inward or
Sciatica, Bruises outward, and is therefore much used in Vulnerary Drinks. The Root for all those aforesaid purposes, is to be boyled
inward and out- The Root for all those aforesaid purposes, is to be boyled
ward, Terms pro- in Wine or Water, as the cause requireth, and some Ho-
vokes, Freckles, ney and Sugar put thereunto afterwards. The Seed hereof
Morphew, Scurf. taken with Vinegar and Honey, helpeth the swelling and
hardness of the spleen. The Decoction of the Leaves and
Branches, is a good Fomentation for Women to sit over that have not their
Courses. The Leaves and Roots beaten and applied to any part that is dis-
coloured with Freckles, Morphew, the white Scurf, or any such Defor-
mity of the Skin, cleanseth them thoroughly, and taketh them away.

Maiden-Hair.

Descript.] **O**ur common Maiden-Hair, doth from a number of hard black
Fibres. sent forth a great many blackish, shining, brittle
Stalks hardly a span long; in many not half so long, on each side set very thick
with small, round, dark green Leaves, and spotted on the back of them like olive
Fern. Place.]

Place. It groweth much upon old Stone Walls in the West parts, and Walls in *Kent*, and divers other places of this Land; it joyeth likewise to grow by Springs, Wells, and Rocky, moist and shadowy places; and is alwaies green.

Wall-Rew, or ordinary white Maiden-hair.

Descript. **T**His hath very fine, pale, green Stalks almost as fine as hairs, consfessedly with divers pale green Leaves on every short Foot-stalk, somewhat near unto the colour of Garden Rew, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

Place. It groweth in many places of this Land, at *Dartford*, and the Bridge at *Absford* in *Kent*, at *Beacons-field* in *Buckingham-shire*, at *wolly* in *Huntington-shire*, on *Frammingham-Castle* in *Suffolk*, on the Church-Walls at *Mayfield* in *Suffex*, in *Summerset-shire*, and divers other places in this Land, and is green in Winter as well as in Summer.

Government and Vertues. Both this and the former are under the Dominion of *Mercury*, and so is that also which follows after: and the Vertues of both these are so neer alike, that though I have described them and their places of growing severally, yet I shall in writing the Vertues of them, joyn them both together as followeth.

The Decoction of the Herb *Maiden-hair* being drunk, helpeth those that are troubled with the Cough, shortness of Breath, the Cough, Yellow Jaundice, Diseases of the Spleen, stopping of Urine, and shortness helpeth exceedingly to break the Stone in the Kidneys (in all of Breath, which Diseases the *wall-Rew* is also very effectual) It provoketh the Yellow Womens Courses, and stayeth both Bleedings and Fluxes of the Jaundice, Stomach and Belly, especially when the Herb is dry, for being Spleen, green, it loosneth the Belly, and avoideth Colour and Flegm Dysury, from the Stomach and Liver, it cleanseth the Lungs, and by re- Stone, stifying the Blopd, causeth a good Colour to the whole Body. Terms The Herb boiled in Oyl of *Chamomel*, dissolveth Knots, allayeth provokes, Swellings, and drieth up moist Ulcers. The Lye made thereof, Bleeding, is singular good to cleanse the Head from Scurf, and from dry Fluxes, and running Sores: stayeth the falling or shedding of the Hair, Lungs, and causeth it to grow thick, fair, and well coloured; for which Swellings, purpose some boil it in Wine, putting some *Smallage*-seed here- ulcers, to, and afterwards some Oyl. The *wall-Rue* is as effectual as Scurf, *Maiden-Hair* in all Diseases of the Head, and falling or recover- Sores, ing of the Hair again, and generally for all the afore-mentioned Baldness. Diseases: And besides, The Powder of it taken in Drink for forty dayes together, helpeth the Burstings in Children.

Golden Maiden-hair

TO the two former give me leave to add this, and I shall do no more but only Describe it unto you; and for the Vertues refer you to the former-

mer. sith whatsoever is said of them may also be said of this.

Descript.] It hath many small, brownish red hairs to make up the form of Leaves growing about the Ground from the Root; and in the middle of them in Summer, rise small Stalks of the same colour, set with very fine yellowish green hairs on them, and bearing a small gold yellow head, lesser than a Wheat Corn, standing in a great Husk. The Root is very small and thriddy.

Place.] It groweth on Bogs and Moorish places, and also on dry shady places, at *Hamstead-Heath*, and elsewhere.

Mallows, and Marsh-Mallows.

Common Mallows are generally so well known, that they need no Description.

Our common Marsh-Mallows have divers soft hoary white Stalks rising to be three or four foot high, spreading forth many Branches, the Leaves whereof are soft and hairy, somewhat lesser than the other Mallow-leaves, but longer pointed, cut (for the most part) into some few divisions, but deep: The Flowers are many, but smaller also than the other Mallows, and white, or tending to a bluish colour. After which come such like round Cases and Seed as in the other Mallows. The Roots are many and long, shooting from one Head. of the bigness of the thumb or finger, very pliant, tough and bending like Liquorish, of a whitish yellow colour on the out-side, and more white within, full of a slimy Juice, which being laid in water, will thicken it, as if it were Jelly.

Place.] The common Mallows grow in every Country of this Land.

The common Marsh-Mallows in most of the Salt Marshes from *Woolwich* down to the Sea, both on the *Kentish* and *Essex-Shores*, and in divers other places of this Land.

Time.] They flower all the Summer-Months, even until the Winter do pull them down.

Government and Vertues.] *Venus* owns them both. The Leaves of either of the sorts before specified, and the Roots also boyled in Wine or Water, or in Broth with Parsly or Fennel-Roots, doth help to

<p><i>Agues,</i> <i>Choler,</i> <i>Gripping in</i> <i>the Belly,</i> <i>Milk,</i> <i>Excori-</i> <i>ation,</i> <i>Pthysick,</i> <i>Pleurisie,</i> <i>Travel in</i> <i>women,</i> <i>Falling-</i> <i>sickness.</i></p>	<p>open the Body and is very convenient in hot Agues, or other distempers of the Body, to apply the Leaves so boyled, warm to the Belly. It not only voideth hot, cholerick and other offensive humors, but easeth the pains and torments of the Belly coming thereby; and are therefore used in all Clysters conducing to those purposes: The same used by Nurses, procureth them store of Milk. The decoction of the Seed of any of the common Mallows, made in milk or Wine, doth marvelously help excoriations, the Pthysick, Pleurisie, and other Diseases of the Chest, and Lungs that proceed of hot Causes, if it be continued taking for some time together: The Leaves and Root work the same effects: They help much also in the excoriations of the Guts and Bowels, and hardness of the Mother and in all hot and sharp</p>
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sharp

sharp Diseases thereof. The Juice drunk in Wine, or the De- Eyes, coction of them therein, doth help Women to a speedy and easie Bees, Delivery. *Pliny* saith, That whosoever shall take a spoonful of *wasps*, &c. any of the Mallows, shall that day be free from all Diseases that Poyson, may come unto him; and that it is special good for the Falling- Hard sickness. The Syrup also and Conserve made of the Flowers, Swellings, are very effectual for the same Diseases, and to open the Body Inflama- being Costive. The Leaves bruised and laid to the Eyes with tion, Cods, a little Honey, taketh away the Imposthumations of them. The Liver, Leaves bruised or rubbed upon any place stung with Bees, Spleen, Wasps or the like, presently taketh away the pains, redness and Roughness swellings that rise thereupon: And *Dioscorides* saith, The Deco- of the tion of the Leaves and Roots helpeth all sorts of Poyson, so as Skin, the Poyson be presently voided by Vomit. A pulvis made of the Scurf, Leaves boiled and bruised, whereunto add some Bean or Early- Dandrif, flour, and Oyl of Roses, is an especial Remedy against all hard Scabby Tumors and Inflammations or Imposthumes, and Swellings of the Heads, Cods and other parts, and easeth the pains of them; as also a- Scalding, gainst the hardness of the Liver or Spleen, being applyed to the Burning, places. The Juice of the Mallows boyled in Oyl and applyed, St. Antho- taketh away all roughness of the Skin, as also the Scurf, Dand- ny's-fire, rif, or dry Scabs in the Head or other Parts, if they be anointed fore Mouth therewith, or washed with the Decoction, and preserveth the and Throat, Hair from falling off. It is also effectual against Scaldings and Baldness, Burnings, St. Anthony's-fire, and all other hor, and red, and painful Thorns. Swellings in any part of the Body. The Flowers boiled in Oyl or Water (as every one disposed) whereunto a little Honey and Allura is put, is an excellent Gargle to wash cleanse and heal any sore Mouth or Throat in a short space. If the Feet be bathed or washed with the Decoction of the Leaves Roots and Flowers, it helpeth much the Defluxions of Rheum from the Head. If the Head be washed therewith, it stayeth the falling and shedding of the Hair. The green Leaves (saith *Pliny*) beaten with Nitre and applied, draw out Thorns or Pricks in the Flesh.

The Marsh Mallows are more effectual in all the Diseases before menti- oned, the Leaves are likewise used to loosen the Belly gently, and in Decoctions for Clysters to ease all Pains of the Body, open Belly, ing the strait Passages, and making them slippery, whereby the Stone, Stone may descend the more easily, and without pain out of the Reins, Reins, Kidneys and Bladder, and to ease the torturing Pains Kidneys, thereof: But the Roots are of more especial use for those purpo- Bladder, ses, as well for Coughs, Hoarseness, shortness of Breath, and Coughs, Wheezings, being boiled in Wine or honyed Water, and drunk, shortness The Roots and Seeds hereof boiled in Wine or Water, is with of Breath, good success used by them that have Excoriations in the Guts, wheezing, or the Bloody-Flux, by qualifying the violence of sharp fret- Excoriati- ting Humors, easing the Pains, and healing the Soreness: It is on of the

Guts,
Ruptures,
Cramp,
Convulsi-
ons, the
Kings-E-
vil, Ker-
nels, Chin-
Cough,
Wounds,
Bruises,
Falls,
Blows,
Muscles,
Morphew,
Sun-burn-
ing.

profitably taken of them that are troubled with Ruptures, Cramps, or Convulsions of the Sinews; and boyled in White Wine for the Imposthumes of the Throat, commonly called the Kings-Evil, and of those Kernels that rise behind the Ears and Inflammations or Swelling in Womens Breasts. The dried Roots boiled in Milk and Drink, is special good for the Chin-Cough. Hypocrates used to give the Decoction of the Roots, or the Juyce thereof to drink to those that were wounded, and ready to faint through loss of Blood, and applied the same mixed with Honey and Rozin to the Wounds: as also the Roots boiled in Wine to those that have received any hurt by Bruises, Falls or Elows, or had any Bone or member out of Joynt, or any Swelling Pain or Ach in the Muscles, Sinews or Arteries. The Mucilage of the Roots, and of Linseed, and of Fœnugreek put together, is much used in Pultrisses, Oyntments and Plaisters, to mollifie and digest all hard Swellings, and the Inflammation of them, and to ease Pains in any part of the Body. The Seed either green or dry, mixed with Vinegar, cleanseth the Skin of the

Morphew, and all other Discolouring, being bathed therewith in the Sun.

You may remember that not long since, there was a raging Disease called the *Bloody-flux*; the Colledge of Physitians not knowing what to make of it, called it, *The Plague in the Guts*, for their Wits were at *nè plus ultra* about it. My Son was taken with the same Disease, and the Excoriation of his Bowels was exceeding great; my Self being in the Country was sent for up; the only thing I gave him, was Mallows bruised and boyled both in his Milk and Drink, in two daies (the Blessing of God being upon it) Cured him; And I here, to shew my thankfulness to God in Communicating to his Creature, leave it to Posterity.

Maple-Tree,

Liver Streng-
thens, open Ob-
structions of
the Liver and
Spleen, Pains
in the Sides.

Government
and Vertues.]

It is under the Dominion of *Jupiter*. The Decoction either of the Leaves or Bark, must needs strengthen the Liver much, and so you shall find it do if you use it: It is excellent good to open Obstructions both of the liver and Spleen, and easeth Pains of the Sides thence proceeding.

Wild Marjerom.

Called also *Organe*, *Origanum*, *Bastard Marjerom*, *wild Marjerom*, and *Grove Marjerom*.

Descripr.] Wild or Field Marjerom hath a Root which creepeth much under Ground, which continueth a long time, sending up sundry brownish, hard, square Stalks, with small, dark green Leaves, very like those of Sweet-Marjerom, but harder, and some what broader at the tops of the Stalks stands tufts of Flowers, of a deep purplish red colour: the Seed is small, and something blacker than that of Sweet Marjerom

Place.

Place.] It groweth plentifully in the Borders of Corn-fields, and in some Copfes.

Time.] It flowreth toward the latter end of Summer.

Government and vertues.] This also is under the Dominion of Mercury. It strengthens the Stomach and Head much, there being scarce a better Remedy growing for such as are troubled with a fever Humor in the Lungs, Poyson, cho- Stomach; it restores Appetite being lost, helps the Cough, and Consumption of the lungs, it cleanseth the Body of Choler, expelleth Poyson, and remedieth the Infirmities of the Spleen, helps the bitings of Venomous Beasts, and helps such as have poysoned themselves by eating Hemlock, Henbane, or Opium, it provoketh Urine and the Terms in women, helps the Dropsie, Scurvy, Scabs, Itch, Leprosie, Yellow Jaundice, and the Scurvey, Scabs, Itch and the Yellow Pains in the Ears. Jaundice: the Juyce being dropped into the Ears, helps Deafness, Pain and Noise in the Ears. And thus much for this Herb, between which and Adders there is a deadly Antipathy.

Sweet Marjerom.

Sweet Marjerom is so well known, being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the Sweet Marjerom, nor Pot Marjerom.

Place.] They grow commonly in Gardens; some sorts there are that grow wild in the Borders of Corn-fields and Pastures, in sundry places of this Land, but it is not my purpose to insist upon them: The Garden kinds being most used and useful.

Time.] They flower in the end of Summer.

Government and Vertues.] It is an Herb of Mercury, and under Aries, and is therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominion of the same Planet. Our common Sweet Marjerom, is warming and comfortable in cold Diseases of the Head, Stomach, Sinews, and other parts taken inwardly, or Head, outwardly applied: The Decoction thereof being drunk, helpeth all Diseases of the Chest, which hinder the freeness of Breathing, and is also profitable for the Obstructions of the Liver and Spleen: It helpeth the cold Griets of the Womb, and the windiness thereof, and the loss of Speech, by resolution of the Liver, Tongue. The Decoction thereof made with some Pellitory of Spain, and long Pepper, or with a little Acorus or Origanum, being drunk, is good for those that are beginning to fall into a wind, Dropsie, for those that cannot make Water, and against pains Dropsie, and torments in the Belly; it provoketh Womens Courses, if it be put up as a Bessary. Being made into Powder, and mixed with Honey, taketh away the black Marks of Elows and Bruises, being

Marks of Blows, Noise in the Ears, Joynts, Sinews, Swellings, Sneezing, Flegm. being thereto applied. It is good for the Inflammation and watering of the Eyes, being mixed with fine Flour, and laid unto them. The Juyce dropped into the Ears, easeth the pains and singing Noise in them. It is profitably put into those Oynments and Salves that are made to warm and comfort the outward parts, as the Joynts and Sinews, for Swellings also, and places out of Joynt. The Powder thereof snuffed up into the Nose, provoketh Sneezing, and thereby purgeth the Brain; and chewed in the Mouth, draweth forth much Flegm. The Oyl made thereof, is very warming and comfortable to the Joynts that are stiff, and the Sinews that are hard, to mollifie and supple them. Marjerom is much used in all odoriferous Waters, Powders, &c. that are for ornament or delight.

Marigold.

THese being so plentiful in every Garden are so well known, that they need no Description.

Time.] They flower all the Summer long, and sometimes in Winter, if it be mild.

Government and Vertues.] It is an Herb of the Sun, and under Leo: They strengthen the Heart exceedingly, and are very expulsive, and little less effectual in the small Pox and Meazels than Saffron. *Heart,* The Juyce of *Marigold-Leaves* mixed with Vinegar, and any *Vital* hot Swelling bathed with it, instantly giveth ease, and asswageth *Spirits,* it. The Flowers either green or dried, are used much in *Pestilence,* Broths, and Drinks, as a comforter of the Heart and *Small Pox,* Spirits, and to expel any malignant or pestilential quality which might *Meazels,* annoy them. A Plaister made with the dry Flowers in Powder, *Hot Swel-* lings, Fea- Hogs-grease, Turpentine and Rozin applied to the Breasts, *vers,* *Pesti-* strengthens and succours the Heart infinitely in Feavers, whether *lence.* Pestilential or not Pestilential.

Master-wort.

Descript.] **C**ommon *Master-wort* hath divers Stalks of winged Leaves divided into sundry parts, three for the most part standing together at a small Foot-stalk on both sides of the greater, and three likewise at the end of the Stalk, somewhat broad and cut in on the edges, into three or more divisions, all of them dented about the brims, of a dark green colour, somewhat resembling the Leaves of *Angelica*, but that these grow lower to the Ground, and on lesser Stalks; among which rise up two or three short Stalks, about two foot high, and slender, with such like Leaves at the Joynts as grow below, but with lesser and fewer divisions, bearing Umbles of white Flowers, and after them small, thin, flat, blackish Seed, bigger than *Dill* Seed: The Root is somewhat greater, and groweth rather sideways than down deep into the ground, shooting forth sundry heads, which taste sharp, biting on the Tongue, and is the hottest and sharpest part of the Plant, and the Seed next unto it being somewhat blackish on the out-side, and smelling well.

[*Plant.*]

place] It is usually kept in Gardens with us in England.

Time .] It flowreth and seedeth about the end of August.

Government and Vertues.] It is an Herb of Mars. The Root of Cold Grieffs, Master-wort is hotter than Pepper, and very available in all Stomach, cold Grieffs and diseases both of the Stomach and Body, dissolving very powerfully upward and downward: It is also used Rheums, in a Decoction with Wine against all cold Rheums, or Distill-urine, lations upon the Lungs, shortness of Breath, to be taken morning and evening; it also provoketh Urine, and helpeth to break the Stone, and expel the Gravel in the Kidneys, procureth Womens Courses, and expelleth the dead Birth: is singular good for strangling of the Mother, and other such like Child, Feminine Diseases. It is effectual also against the Dropsie, ther, Drop-Cramps and Falling-sickness, for the Decoction in Wine being gargled in the Mouth, draweth down much Water and Flegm from the Brain, purging and easing it of what oppresseth it. It is of a rare quality against all sorts of cold Poyson, to be taken as there is cause, it provoketh Sweat: but lest the taste hereof, or of the Seed (which worketh to the like effect, though not so powerfully) should be too offensive, the best way is to take the Water distilled both from the Herb and Root: The Juice hereof dropped, or Tents dipped therein and applied either to green Wounds, or filthy rotten Ulcers, and those that come by invenom'd Weapons, doth soon cleanse and heal them. The same is also very good to help the Gout coming of a cold cause.

Sweet Maudlin.

Description.] Common Maudlin hath somewhat long and narrow Leaves strip'd about the edges: The Stalks are two foot high, bearing at the tops many yellow Flowers, set round together, and all of an equal height in umbles, or tufts like unto Tansie; after which followeth small whitish Seed, almost as big as worm-seed: The whole Herb is sweet and bitter.

Place and Time.] It groweth in Gardens, and flowreth in June and July.

Government and Vertues.] The Vertues hereof being the same with Costmary or Alicoff, I shall not trouble you to make any repetition thereof, lest my Book grow too big: but rather refer you unto Costmary for satisfaction.

The Medler.

Description.] The Tree groweth near the bigness of the Quince-Tree, spreading Branches reasonable large, with longer and narrower Leaves than either Apple or Quince, and not dented about the edges: At the end of the Sprigs stand the Flowers made of white, great, broad pointed Leaves, nicked in the middle with some white threads also: after which cometh

eth the fruit of a brownish green colour being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off or fallen away, the bead of the fruit is seen to be somewhat hollow. The fruit is very harsh before it be mellowed, and hath usually five hard Kernels within it.

There is another kind hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not; and usually the Fruit is small and not so unpleasant.

Time and Place. They grow in this Land, and flower in May for the most part, and bear Fruit in September and October.

Government and Vertues. The Fruit is old Saturn's, and sure, a better Medicine he hardly hath to strengthen the retentive Faculty, therefore it staies Womens Longings; the good old man cannot endure womens minds should

<p>Miscar- riage, Fluxes, stayeth Womens Longings, binders Miscar- riage, Gargle, Womens Courses, Piles, Loathing of Meat, or Casting, Bleeding, Fresh Wounds, Stone in the Kidneys.</p>	<p>run a gadding. Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the Back, stops Miscarriage in Women with Child. They are very powerful to stay any Fluxes of Blood or Humors in Man or Women; the Leaves also have the like quality. The Fruit eaten by Women with Child, stayeth their Longings after unusual Meats, and is very effectual for them that are apt to Miscarry, and be Delivered before their Time, to help that Malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth when there is any Defluxion of Blood to stay it, or of Humors, which causeth Pains and Swellings. It is a good Bath for Women to sit over that have their Courses flow too abundantly; or for the piles when they bleed too much. If a Pultise or Plaister be made with dried Medlars, beaten and mixed with the Juyce of red Roses, whereunto a few Cloves and Nutmeg may be added, and a little red Coral also, and applied to the Stomach that is given to casting or loathing of meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the wound quickly. The Medlar-stones made into Powder and drunk in Wine wherein some Parsley-Roots have lien infused all Night, or a little boyled, do break the Stone in the Kidneys, helping to expel it.</p>
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Melilot, or Kings Claver.

Descript. **T**his hath many green Stalks two or three foot high, rising from a tough long white Root which dieth not every year, set round about the Joynts with small, and somewhat long, well smelling Leaves set three together, unevenly dented about the edge. The Flowers are yellow, and well smelling also, made like other Trefoyles, but small, standing in long spikes one above another, for an hand breadth long, or better, which afterwards turn into long crooked Coats, wherein is contained flat Seed, somewhat brown.

[Place.]

Place] It groweth plentifully in many places of this Land. as in the edge of *Suffolk*, and in *Essex*, as also in *Huntington-shire*, and in other places; but most usually in Corn-fields, in corners of Meadows.

Time.] It flowreth in *June* and *July*, and is ripe quickly after.

Government and Vertues.] *Melilot* boyled in Wine, and ap- *Hard Tu-*
plied, mollifieth all hard Tumors and Inflammations that hap- *mors and*
pen in the Eyes or other parts of the Body, as the Fundament, or Inflama-
privy parts of men or women; and sometimes the yolk of a roas- *tions in the*
ed Egg, or fine Flour, or Poppy-seed, or Endive is added unto *Eyes, or else-*
it. It helpeth the spreading Ulcers in the Head, it being washed *where, ul-*
with a Lye made thereof. It helpeth the pains of the Stomach *cer in the*
being applyed fresh, or boyled with any of the afore-named Head, *Sto-*
things. It helpeth also the pains of the Ears, being dropped into *mach pain-*
them; and steeped in Vinegar Rose water, it mitigateth the Head- *ed, Head-*
ach. The flower of the *Melilot* and Chamomel are much used to *ach, wind,*
be put together in Clysters to expel Wind, and to ease pains; *Spleen,*
also into Pultisses for the same purpose, and to assuage Swel- *Dimness of*
ling Tumors in the Spleen or other parts, and helpeth Infla- *Sight, Stupi-*
mations in any part of the Body. The Juyce dropped into the *dity of Sen-*
Eyes, is a singular good Medicine to take away any Film or Skin *ses, streng-*
that cloudeth or dimmeth the Eye- *sight.* The Head often wash- *thens Me-*
ed with the distilled Water of the Herb and Flowers, or a Lye *mory, Apo-*
made therewith; is effectual for those that have suddenly lost *plexy.*
their Senses; as also to strengthen the Memory, to comfort the
Head and Brains, and to preserve them from Pains and the Apoplexy.

French, and Dog's Mercury.

Descript.] **T**His riseth up with a square green Stalk full of Joynts, two foot high or thereabouts, with two Leaves at every Joynt, and Branches likewise from both sides of the Stalk, set with fresh green Leaves somewhat broad and long, about the bigness of the Leaves of *Basil* finely dented about the edges: towards the tops of the Stalks and the Branches come forth at every Joynt in the Male *Mercury*, two small, round, green Heads standing together upon a short Foot-stalk, which growing ripe, are Seeds, not having any Flowers. In the Female the Stalk is longer, spike-fashion, set round about with small green Husks, which are the Flowers made like small Branches of Grapes which give no Seed, but abide long upon the Stalks without shedding. The Root is composed of many small Fibres, which perisheth every year at the first approach of winter, and riseth again of its own sowing; and if once it is suffered to sow it self, the Ground will never want afterwards, even both sorts of it.

Dog's Mercury.

HAVING described unto you that which is called *French Mercury*, I come now to shew you in a Description this kind also.

Description.] This is likewise of two kinds; Male and Female, having many Stalks, slender and lower than *Mercury*, without any Branches at all upon

upon them, the Root is set with two Leaves at every Joynt, somewhat greater than the Female, but more pointed and full of Veins, and somewhat harder in handling, of a darker green colour, and less dented or snip'd about the edges. At the Joynts with the Leaves come forth longer Stalks than the former, with two hairy round Seeds upon them, twice as big as those of the former *Mercury*. The taste hereof is hereby, and the smell somewhat strong and virulent. The Female hath much harder Leaves standing upon longer Foot-stalks, and the Stalks are also longer: from the Joynts come forth spikes of Flowers, like the *French Female Mercury*. The Roots of them both are many, and full of small Fibres, which run under Ground, and mat themselves very much, not perishing as the former *Mercuries* do; but abiding the Winter, and shoot forth new Branches every year, for the old die down to the Ground.

Place.] The *Male* and *Female French Mercury* are found wild in divers places of this Land; as by a Village called *Brookland* in *Rumney-Marsh* in *Kent*.

The *Dogs Mercury* in sundry places of *Kent* also, and elsewhere: but the Female more seldom than the Male.

Time.] They flower in the Summer Moneths, and therein give their Seed.

Government and vertues.] *Mercury* they say owns this Herb, but I rather think 'tis *Venus*, and am partly confident of it too: for I never read that *Mercury* ever minded Womens business so much. I believe he minds his Study more. The Decoction of the Leaves of *Mercury*, or the Juice thereof

in Broth, or drunk with a little Sugar put to it, purgeth Cholerick and watrish Humours, *Hypocrates* commended it wonderfully for Womens Diseases; and applied to the secret Parts, to ease the Pains of the Mother; and used the Decoction of it, both to procure Womens Courses, and to expel the After-birth. And gave the Decoction thereof with Mirrh or Pepper, or used to apply the Leaves outwardly against the Strangury, & Diseases of the Reins and Bladder. He used it also for sore and watering Eyes, and for the deafness and Pain in the Ears, by dropping the Juice thereof into them, and Bathing them afterwards in White Wine. The Decoction thereof made with Water, and a Cock Chicken, is a most safe Medicine against the hot Fits of Agues. It also cleanseth the Breast and Lungs of Flegm, but a little offendeth the Stomach. The Juice or distilled Water snuffed up into the Nostrils, purgeth the Head and Eyes of Catarrhs and Rheums. Some use to drink two or three ounces of the distilled Water, with a little Sugar put to it, in the morning fasting, to open and purge the Body of gross, viscous and melancholy Humors. It is wonderful (if it be not fabulous) that *Dioscorides* and *Theophrastus* do relate of it, That, viz. if Women use these Herbs either inwardly or outwardly for three dayes together after Conception, and their Courses be past, they shall bring

Purgeth
Cholerick
Humors,
Womens
Sickness,
Mother,
Womens
Courses,
Strangury,
Sore Eyes,
Agues,
Flegm,
Rheums
and Catarrhs,
Melancholy
Humors,
Yellow
Jaundice,
Warts,

bring forth Male or female Children, according to that kind of Scabs, Tet-
Herb they use. *Mathiolus* saith, That the Seed both of the Male & ters and
Female Mercury boyled with *Wormwood* and drunk, Cureth the Ring-
Yellow Jaundice in a speedy manner. The Leaves or the Juyce worms,
rubbed upon Warts, taketh them away. The Juyce mingled with Swellings,
some Vinegar, helpeth all running Scabs, Tetters, Ring-worms, Inflama-
and the Itch. *Galen* saith, That being applied in manner of a tions,
Pulvis to any Swelling or Inflammation, it digesterh the Swelling waterish
and allayeth the Inflammation, and is therefore given in Clysters and Me-
to evacuate from the Belly offensive Humors. The Dogs Mercury lancholly
although it be less us'd, yet may serve in the same manner, to Humors.
the same purpose to Purge watrish and melancholy Humors.

Mint.

OF all the kinds of *Mint*, the *Spear-Mint*, or *Heart-Mint* being most
usual, I shall only Describe it as followeth.

Descript.] *Spear-Mint* hath divers round Stalks and long, but narrowish
Leaves set thereon, of a dark green colour. The Flowers stand in spiked heads at
the tops of the Branches, being of a pale blue Colour. The smell or scent hereof is
somewhat near unto Basil, it increaseth by the Root under Ground, as all the
others do.

Place.] It is an usual Inhabitant in Gardens, and because it seldom giveth
any good Seed, the effect is recompenced by the plentiful increase of the
Root, which being once planted in a Garden, will hardly be rid out again.

Time.] It floweth not until the beginning of *August*, for the most part.

Government and Vertues.] It is an Herb of *Venus*. *Dioscorides* saith, It
hath a heating, binding and drying quality, and therefore

the Juyce taken with Vinegar, stayeth Bleeding: it stirreth Provokes *Venery*,
up *Venery*, or bodily Lust. Two or three Branches thereof staies *Vomiting*,
taken with the Juyce of four Pomegranates, stayeth the allayeth *Choler*,
Hiccough, *Vomiting*, and allayeth the *Choler*. It dissolveth *Imposthums*,
Imposthums being laid to with Barly-Meal. It is good to great Breasts,
repres the Milk in Womens Breasts, and for such as have mad Dogs Bi-
swoln, flagging or great Breasts. Applied with Salt helpeth ting, Pains of
the Biting of a mad Dog; with Mead or honyed Water, it the Ears, good
easeh the pains of the Ears, and taketh away the roughness for the stomach,
of the Tongue, being rubbed thereupon. It suffereth not Pains of the
Milk to curdle in the Stomach, if the Leaves thereof be Head, Sores and
steeped or boiled in it before you drink it. Briefly, it is very Scabs, Chops of
profitable to the Stomach. The often use hereof is a very the Fundament,
powerful Medicine to stay Womens Courses, and the Whites. *Poyson*, helpeth
Applied to the Forehead and Temples, it easeh pains of the Liver and Sto-
Head, and is good to wash the Heads of young Children mach, stayeth
therewith, against all manner of breakings out, sores or scabs Vomiting and
therein, and healeth the Chops of the Fundament. It is also Hiccough, pro-
profitable against the Poyson of Venomous Creatures. The voketh Lust-
distil.

Spleen, Gravel, distilled Water of Mint is available to all the purposes *Stone and Strangury,* *comferts* ly and Chymically drawn, it is much more powerfull than the Herb it self. *the Head, sore* *Simon Sethi* saith, It helpeth a cold Liver, *Mouth, ill* strengtheneth the Belly and Stomach, causeth Digestion, *Breath, Palate* stayeth Vomits and the Hiccough, it is good against the down. gnawing of the Heart, provoketh Appetite, taketh away

Obstructions of the Liver, and stirreth up bodily Lust; but therefore too much must not be taken because it maketh the Blood thin and wheyish, and turneth it into Choler, and therefore Cholerick persons must abstain from it. It is a safe Medicine for the Biting of a mad Dog, being bruised with Salt, and laid thereon. The Powder of it being dried and taken after Meat, helpeth Digestion, and those that are Splenerick: taken with Wine, it helpeth Women in their sore Travel in Child-bearing. It is good against the Gravel and Stone in the Kidneys, and the Strangury. Being smel- led unto, it is comfortable for the Head and Memory. The Decoction thereof gargled in the Mouth, cureth the Gums and Mouth that is sore, and mend- eth an ill savour'd Breath: as also with Rew and Coriander, causeth the Pa- late of the Mouth that is down to return to his place, the Decoction being gargled and held in the Mouth.

The Vertues of the Wild or Horse-Mint, such as grow in Ditches (whose Description I purposely omitted, in regard they are well enough known) are especially to dissolve Wind in the Stomach, to help the Cho- *trind, Venereal* lick, and those that are Short-winded, and are an especial *Dreams and* Remedy for those that have Venereal Dreams and Polluti- *nightly Polluti-* ons in the Night, being outwardly applyed to the Testicles or *ons, Ears pain-* Cods. The Juyce dropped into the Ears, easeth the pains of *ed, Biting of* them, and destroyeth the Worms that breed therein. They *Serpents, Kings-* are good against the venomous Biting of Serpents. The *Evil, a Stinking* Juyce laid on warm, helpeth the Kings-Evil, or Kernels in *Breath, Leprosie,* the Throat. The Decoction or distilled Water helpeth a *Dandriff.* stinking Breath proceeding from the corruption of the

Teeth, and snuffed up into the Nose, purgeth the Head. *Pliny* saith, That eating of the Leaves hath been found by Experience to Cure the Leprosie. and applying some of them to the Face, and to help the Scuff or Dandriff of the Head, used with Vinegar.

They are extreme bad for wounded people, and they say a wounded Man that eats Mint, his Wound will never be Cured; and that's a long day.

Misselto.

Descript.] **T**His riseth up from the Branch or Arm of the Tree whereon it groweth, with a woody Stem, parting it self into sundry Bran- ches, and they again divided into many oth r smaller Twigs, interlacing them- selves one within another, very much covered with a grayish green Bark, having two Leaves set at every Joynt, and at the end likewise, which are joint-

somewhat long and narrow-small at the bottom, but broader towards the end. At the Knots or Joynts of the Boughs and Branches grow small yellowish Flowers, which turn into small, round white, transparent Berries, three or four together, full of glutinous Moisture, with a blackish Seed in every of them, which was never yet known to spring, being put into the Ground or any where else to grow.

Place.] It groweth very rarely on Oaks with us; but upon sundry other, as well Timber as Fruit-Trees, plentifully in Woods, Groves, and the like, through all this Land.

Time.] I flowreth in the Spring time, but the Berries be not ripe until October, and abide on the Branches all the Winter, unless the Black-birds and other Birds do devour him.

Government and Vertues.] That it is under the Dominion of the Sun, I do not question; and can also take for granted, That that which grows upon Oaks participates something of the Nature of Jupiter, because an Oak is one of his Trees; as also that which grows upon Pear-Trees and Apple-Trees participates something of his Nature, because he rules the Trees it grows upon, having no Root of its own. But why that should have most Vertues that grows upon Oaks, I know not, unless because it is rarest, and hardest to come by; and our Colledge's Opinion is in this contrary to Scripture, which saith, *Gods tender Mercies are over all his works*; and so 'tis, let the Colledge of Physitians walk as contrary to him as they please, and that's as contrary as the East is to the West. *Clusius* affirms, That which grows upon Pear-Trees to be as prevalent, and gives order that it should not touch the Ground after it is gathered; and also saith, That being hung about the Neck it remedies Witch-craft. Both the Leaves and Berries of *Misselto* do heat and dry, and are of subtile parts, the Birdlime doth *Witch-craft*, mollifie hard Knots, Tumors and Imposthumes, ripeneth Imposthumes, and discusseth them; and draweth forth thick as well as Spleen, ulcers, thin Humors from the Remote parts of the Body, digesting *Falling-sickness* and seperating them. And being mixed with equal parts of *Apoplexy Palsie*, Rozin and wax, doth Mollifie the hardness of the Spleen, *Imposthumes*. And healeth old Ulcers and Sores. Being mixed with *Sandarack* and Orpment, it helpeth to draw off foul Nails; and if Quicklime and Wine Lees be added thereunto, it worketh the stronger. The *Misselto* it self of the Oak (as the best) made into Powder, and given in drink to those that have the falling-sickness, doth assuredly heal them, as *Mathiolus* saith, but it is fit to use it for forty days together. Some have so highly esteemed of the Vertues hereof, that they have called it *Lignum Sancta Crucis*, Wood of the holy Crofs, believing it to help the Falling-sickness, Apoplexy and Palsie very speedily, not only to be inwardly taken, but to be hung at their Neck. *Tragus* saith, that the fresh Wood of any *Misselto* bruised and the Juyce drawn forth and dropped into the Ears that have Imposthumes in them, doth help and ease them within a few dayes.

Money-wort, or Herb Two-pence.

Descrip. **T**He common *Money-wort* sendeth forth from a small thred-
dy Root, divers long, weak, and slender Branches lying and
running upon the Ground, two or three foot long or more, set with Leaves
two at a Joynt one against another at equal distances, which are almost
round, but pointed at the ends, smooth and of a good green colour. At
the Joynts with the Leaves from the middle forward come forth at every
Joynt sometimes one yellow Flower, and sometimes two, standing each on a
small Foot-Stalk, and made of five Leaves, narrow pointed at the ends,
with some yellow threads in the middle: which being past, there stand in
their places small round heads of Seed.

Time. It groweth plentifully in almost all places of this Land, commonly
in moist Grounds by Hedg-sides, and in the middle of grassie Fields.

Place. They flower in June and July, and their Seed is ripe quickly
after.

Government and Vertues. Venus owns it. *Money-wort* is singular good to
stay all Fluxes in man or Woman, whether they be Lasks, Bloody
Fluxes, the flowing of Womens Courses, Bleedings inwardly or
ulcers, outwardly, and the weakness of the Stomach that is given to
Green casting. It is very good also for all Ulcers or Excoriations of the
wounds, Lungs or other inward parts. It is exceeding good for all Wounds
Old ulcers, either fresh or green, to heal them speedily, and for all old Ulcers
that are of spreading Natures. For all which purposes the Juyce
of the Herb, or the Powder drunk in Water wherein hot Steel hath been of-
ten quenched, or the Decoction of the green Herb in Wine or Water drunk,
or the Seed, Juyce or Decoction used to the outward places to wash or bath
them; or to have Tents dipped therein, and put into them, are effectual.

Moon-wort.

Descript. **I**T riseth up usually but with one dark green thick and flat
Leaf standing upon a short Foot-Stalk, not above two fingers
broadth; but when it will flower, it may be said to bear a small slender
Stalk, about four or five inches high, having but one Leaf set in the mid-
dle thereof, which is much divided on both sides into sometimes five or
seven parts on a side, sometimes more, each of which parts is small like
the middle Rib, but broad forwards, and round pointed, resembling therein
a half Moon, from whence it took the name, the upermost parts or divisi-
ons being less than the lowest. The Stalk riseth above this Leaf two or
three inches, bearing many Branches of small long Tongues, every one like
the spikie Head of the Adders Tongue, of a brownish colour, which whe-
ther I shall call them Flowers or the Seed, I well know not: which after
they have continued a while, resolve into a mealy dust. The Root is small
and fibrous. This hath sometimes divers such like Leaves as are before
described, with so many Branches or Tops rising from one Stalk, each di-
vided from the other.

Plants

Plant.] It groweth on Hills and Heathes, yet where there is much Grass, for therein it delighteth to grow.

Time.] It is to be found only in *April* and *May*, for in *June* when any hot weather cometh, for the most part it is withered and gone.

Government and Vertues.] The *Moon* owns the Herb. *Moon-wort* is cold and drying more than *Adders-Tongue*, and is therefore held to be more available for all Wounds both inward and outward. The Leaves boiled in red Wine and drunk, stayeth the immoderate Flux of Womens Courses, and the Whires. It stayeth also bleeding, Vomiting, and Womens other Fluxes. It helperh all Blows and Bruises and to consoli-
date all Fractures and dislocations. It is good for Ruptures, but Bleedings, it is chiefly used by most with other Herbs to make Oyls or Eal-
Vomiting, foms to heal fresh or green Wounds (as I said before) either in-
ward or outward, for which it is excellent good. *broken and*

Moon-wort is an Herb which they say will open Locks, and disjoynted
unthoe such Horses as tread upon it: this some laugh to scorn, *Bones*,
and those no small Fools neither; but Country people that I know *Green*
call it (*unthoe the Horse*). Besides, I have heard Commanders say, *Wounds*.
That on *White-Down* in *Devon-shire* neer *Tiverton*, there was found
thirty Horse-shoes pulled off from the Feet of the Earl of *Essex* his Horses,
being there drawn up into a body, many of them being but newly shod, and
no reason known, which caused much Admiration: and the Herb described
usually grows upon Heathis.

Mosses.

I Shall not trouble the Reader with any Description of these, sith my intent
is to speak only of two Kinds as the most principal, viz. *Ground Mosses*,
and *Tree Moss*, both which are very well known.

Place.] The *Ground Moss* groweth in our moist Woods, and the bottoms
of Hills, in boggy Grounds, and in shadowy Ditches, and many other such
like places.

The *Tree Moss* groweth on Trees.

Government and Vertues.] All sorts of *Mosses* are under the Dominion of
Saturn. The *Ground Moss* is held to be singular good to break
the Stone, and to expel and drive it forth by Urine, being boiled in *Stone*,
Wine and drunk. The Herb bruised and boiled in Water and ap-
plied, easeth all Inflammations and pains coming of an hot cause; *itions*.
and is therefore used to ease the pains of the hot Gout.

The *Tree mosses* are cooling and binding, and partake of a digesting
and mollifying quality withall, as *Galen* saith. But each Moss doth partake
of the Nature of the Tree from whence it is taken: therefore
that of the Oak is more binding, and is of Good effect to stay Fluxes. *Vo*-
Fluxes in Man or woman; as also Vomiting or bleedings, the *miting*, *Bleed*-
Powder thereof being taken in Wine. The Decoctions thereof *ing*, *womens*
in Wine are very good for Women to be bathed with, or to sit *Courses*.

in that are troubled with the over-flowing of their Courses. The same being drunk, stayeth the Stomach that is troubled with casting; or the Hiccough; and as *Avicenna* saith, it comforteth the Heart. The Powder thereof taken in drink for some time together, is thought available for the Dropsie. The Oyl of Roses that have had fresh Moss sleept therein for a time, and after boiled, and applied to the Temples and Fore-head, doth marvelously ease the Head-ach coming of a hot Cause; as also the Distillations of hot Rheum or Humors to the Eyes or other parts. The Antients much used it in their Oyntments and other Medicines against Lassitude and to strengthen and comfort the Sinews. For which, if it was good then, I know no reason but it may be found so still.

Mother-wort.

Descript.] **T**His hath a hard, square, brownish, rough, strong Stalk, rising three or four foot high at least, spreading into many Branches, whereon grow Leaves on each side with long Foot-stalks, two at every Joynt which are somewhat broad and long, as it were rough and crumpled, with many great Veins thereon of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the Branches up to the tops of them (which are very long and small) grow the Flowers round about them at distances, in sharp pointed, rough, hard Husks, of a more red or purple colour than Balm or Horehound, but in the same manner or form as the Horehounds: after which come small round blackish Seeds in great plenty. The Root sendeth forth a number of long Strings and small Fibres, taking strong hold in the Ground, of a dark yellowish or brownish colour, and abideth as the Horehound doth, the smell of this not much different from it.

Place.] It groweth only in Gardens with us in England.

Government and Vertues.] Venus owns the Herb, and it is under *Leo*.

There is no better Herb to drive melancholy Vapors from the Heart, to strengthen it, and make a merry, chearful, blithe Soul, than this Herb. It may be kept in a Syrup or Conserve, therefore the Latins call it *cordiaca*. Besides, It makes Women, joyful Mothers of Children, and settles their Wombs as they should be; therefore we call it *Mother-wort*. It is held to be of much use for the Trembling of the Heart, and Faintings and Swoonings, from whence it took the Name *Cordiaca*. The Powder thereof to the quantity of a spoonful drunk in Wine, is a wonderful help to Women in their fore Travel, as also for the suffocations or risings of the Mother; and for these effects it is likely it took the Name of *Mother-wort* with us. It also provoketh Urine and Womens Courses, cleanseth the Chest of cold Flegm oppressing it, and killeth Worms in the Belly. It is of good use to warm and dry up the cold Humors, to digest and disperse them that are settled in the Veins, Joynts and Sinews of the Body, and to help Cramps and Convulsions.

Moule-

Moufe-Ear.

Descript.] **M**oufe-Ear is a low Herb creeping upon the Ground by small Strings like the Strawberry-Plant, whereby it shooteth forth small Roots, whereat grow upon the Ground many small and somewhat short Leaves sit in a round form together, and very hairy, which being broken, do give a white Milk: from among these Leaves spring up two or three small hoary Stalks about a span high, with a few smaller Leaves thereon; At the tops whereof standeth usually but one Flower, consisting of many pater yellow Leaves, broad at the points, and a little dented in, sit in three or four rows, the greater outermost, very like a Dandelion Flower, and a little reddish underneath about the edges, especially if it grow in a dry Ground: which after they have stood long in flower, do turn into Down, which with the Seed is carried away with the wind.

Place.] It groweth on Ditch Banks, and sometimes in Ditches, if they be dry and in sandy Grounds.

Time.] It flowreth about June and July, and abideth green all the Winter.

Government and Vertues.] The Moon owns the Herb also, and though Authors cry out upon Alchymists for attempting to fix Quick-silver by this Herb and Moonwort: A Roman would not have judged a thing by the success: if it be to be fixed at all, 'tis by Lunar Influence. The Juice hereof taken in Wine, or the Decoction thereof drunk doth help the Jaundice although of long continuance, to drink thereof morn. Jaundice, ing and evening, and abstain from other drink two or three Stone, hours after: It is a special Remedy against the Stone, and the Belly-ach, tormenting pains thereof; as also other Tortures and griping Dropisie, pains of the Bowels. The Decoction thereof with Succory and Flux, Centaury, is held very effectual to help the Dropisie, and them wounds, that are inclining thereunto, and the Diseases of the Spleen. It Bloody- stayeth the Fluxes of Blood, either at the Mouth or Nose, and flux, inward Bleedings also, for it is a singular Wound Herb for Terms Wounds both inward and outward: It helpeth the Bloody-flux, stops, and helpeth the abundance of womens Courses. There is a Sy- Cough, rup made of the Juice hereof and Sugar by the Apothecaries of Pthifick, Italy, and other places, which is of much account with them, Ruptures, to be given to those that are troubled with the Cough or Pthifick: Canker, The same also is singular good for Ruptures or Eurstings, The ulcers, green Herb bruised and presently bound to any Cut or Wound, spreading doth quickly soder the Lips thereof. And the Juice, or De- Sores. decoction, or Powder of the dried Herb, is most singular to stay the malignity of spreading and fretting Cankers and Ulcers whatsoever, yea, in the Mouth, or Secret Parts: The distilled Water of the Plant is available in all Diseases aforesaid, and to wash outward Wounds and Sores, and to apply Tents, or Cloaths wet therein.

Mugwort.

Descrip.] Common Mugwort hath divers Leaves lying upon the Ground very much divided, or cut deeply in about the brims, somewhat like wormwood, but much larger, of a dark green Colour on the upper-side, and very hoary white underneath. The Stalks rise to be four or five foot high, having on it such like Leaves as those below, but somewhat smaller, branching forth very much towards the top, whereon are set very small pale yellowish Flowers like Buttons, which fall away; and after them come small Seeds inclosed in round heads. The Root is long and hard, with many small Fibres growing from it, whereby it taketh strong hold in the Ground, but both Stalk and Leaf do die down every year, and the Root shooteth anew in the Spring. The whole Plant is of a reasonable good scent, and is more easily propagated by the slips than by the Seed.

Place.] It groweth plentifully in many places of this Land, by the Way-sides; as also by small Water-Courses, and in divers other places.

Time.] It flowreth and seedeth in the end of Summer.

Government and Vertues.] This is an Herb of *Venus*, therefore maintaineth the parts of the Body she rules, remedies the Diseases of the parts that are under her Signs, *Taurus* and *Libra*. Mugwort is with good success put among other Herbs that are boiled for Women to set over the hot Decoction, to draw down their Courses, to help the Delivery of their Birth, and expel the after-birth, as also for the Obstructions and Inflammations of the Mother. It breaketh the Stone, and causeth one to make Water where it is stoped. The Juice thereof made up with Mirrh, and put under as a Pessary, worketh the same effects, and so doth the Root also being made up with Hogs-grease into an Oyntment, it taketh away Wens and hard Knots and Kernels that grow about the Neck and Throat, and easeth the Pains about the Neck more effectually, if some Field Daïsies be put with it. the Herb it self being fresh, or the Juice thereof taken, is a special Remedy upon the over much taking of Opium. Three drams of the Powder of the dried Leaves taken in Wine, is a speedy and the best certain help for the Sciatica. A Decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the Pains of the Sinews and the Cramp.

The Mulberry-Tree.

This is so well known where it groweth, that it needeth no Description.

Time.] It beareth Fruits in the Months of *July* and *August*.

Government and Vertues.] *Mercury* rules the Tree, therefore are its Effects variable as his are. The Mulberry is of different party: The ripe Berries by reason of their sweetness and slippery Moisture, opening the Body, and the unripe binding it, especially when they are dried, and then

then they are good to stay Fluxes, Lasks, and the abundance Bleeding, of Womens Courses. The Bark of the Root killeth the broad Fluxes, Worms of the Body. The Juyce or the Syrup made of the Lasks, Juyce of the Berries, helpeth all inflammations or Sores in the *Terms ops*, Mouth or Throat, and the Palate of the Mouth when it is *Inflamati-* len down. The Juyce of the Leaves is a Remedy against the Bi- *on, urula,* ring of Serpents, and for those that have taken Aconite: The *sore Mouth,* Leaves beaten with Vinegar are good to lay on any place that *and Throat,* is burnt with fire. A Decoction made of the Bark and Leayes is *Tooth-ach,* good to wash the Mouth and Teeth when they ake. If the Root *Bleeding,* be a little slit or cut, and a small hole made in the Ground next *Hemor.* thereunto, in the Harvest-time, it will give oat a ferrain Juyce *rheids.* which being hardened, the next day is of good use to help the Tooth-ach, to dissolve Knots, and purge the Belly: The Leaves *A Curious* of Mulberries are said to stay Bleeding of Mouth or Nose, or *Secret.* the Bleeding of the Piles, or of a wound, being bound unto the places. A Branch of the Tree taken when the Moon is at the full, and bound to the Wrist of a Womens Arm, whose Courses come down too much, doth stay them in short space.

Mullein.

Descript.] Common white Mullein, hath many fair, large, woolly, white Leaves lying next the Ground, somewhat larger than broad, pointed at the ends, and as it were dented about the edges: The Stalks riseth up to be four or five foot high, covered over with such like Leaves, but lesser, so that no Stalk can be seen for the multitude of Leaves thereon up to the Flowers, which come forth on all sides of the Stalk, without any Branches, for the most part, and are many set together in a long spike, in some of a yellow colour, in others more pale, consisting of five round pointed Leaves, which afterwards have small round Heads, wherein is small brownish Seed contained: The Root is long, white and woody, perishing after it hath born Sced.

Place.] It groweth by way-sides, and Lanes, in many places of this Land.

Time.] It flowreth in July, or thereabouts.

Government and Vertues.] It is under the Dominion of Saturn. A small quantity of the Root given in wine, is commended by *Dioscorides* against Lasks and Fluxes of the Belly: The Decoction Fluxes, hereof drunk is profitable for those that are bursten, and for Ruptures, Cramps and Convulsions, and for those that are troubled with Cramp, an old Cough. The Decoction thereof gargled, easeth the convulsi- Pains of the Tooth-ach. And Oyl made by the often infu- *on, Cough,* sion of the Flowers, is of very good effect for the Piles. The Tooth-ach, Decoction of the Root in red Wine, or in water (if there be *Hemor-* an Ague) wherein red hot Steel hath been often quenched, doth *rheids,* stay the Bloody-flux: The same also openeth Obstructions of *Bloody-flux,* of the Bladder and Reins when one cannot make Water. A De- *Obstructions* decoction

Reins, Bladder, Sci- cation of the Leaves hereof, and of Sage, Marjerom and
naws, Gout, warts, Chamomel-flowers, and the places bathed therewith that
Belly-ach, Cholick, have Sin-ews stark with Cold, or Cramps doth bring
Inflammation, them much ease and comfort. Three ounces of the di-
Thorns, Splinters, stilled Water of the Flowers drunk morning and evening
Boyls, Groin, Dis- for some dayes together, is said to be the most excellent
junctures. Remedy for the Gout. The Juyc of the Leaves and Flow-
 ers being laid upon rough Warts; as also the Powder of

the dried Roots rubbed on, doth easily take them away; but doth no
 good to smooth Warts. The Powder of the dried Flowers is an especial
 Remedy for those that are troubled with Belly-aches, or the Pains of the
 Cholick. The Decoction of the Root, and so likewise of the Leaves, is of great
 effect to dissolve the Tumours, Swellings, or Inflammation of the Throat.
 The Seed and Leaves boiled in Wine, and applyed, draw forth Speedily
 Thorns or Splinters gotten into the Flesh, ease the pains and heal them also.
 The Leaves bruised and wrapped in double Papers, and covered with hot
 Ashes and Embers to bake a while, and then taken forth and laid warm on
 any Botch or Boyl hapning in the Groin or Share, doth dissolve and heal
 them. The Seed bruised and boiled in Wine, and laid on any Member
 that hath been out of Joynt, and is newly set again, taketh away all Swel-
 ling and Pain thereof.

Mustard.

Description.] *O*ur common Mustard hath large and broad rough Leaves very
 much jagged with uneven and disorderly gashes, somewhat like
 Turnip-Leaves, but lesser and rougher: The Stalk riseth to be more then a foot high,
 and sometimes two foot high, being round, rough and branched at the top, bearing
 such like Leaves thereon as grow below, but lesser, and less divided, and divers
 yellow Flowers one above another at the tops, after which come small rough Pods
 with small lank flat ends, wherein is contained round yellowish Seed, sharp, hot
 and biting upon the Tongue. The Roots small, long and woody, when it beareth
 Stalk, and perisheth every year.

Place.] This groweth with us in Gardens onely, and other Manured
 places.

Time.] It is an annual Plant, flowering in July, and their Seed is ripe in
 August.

Government and Vertues.] It is an excellent Sawce for such whose
 Blood wants clarifying, and for weak Stomachs, being a Herb of Mars.
 but naught for Cholerick People, though as good for such as are Aged or
 troubled with cold Diseases: *Aries* claims something to do with it, there-
 fore it strengthens the Heart and resisteth Poyson: let such whose Stomachs
 are so weak they cannot Digest their Meat, or Appetite it, Take of Mustard-
 seed a Dram, Cinnamon as much, and having beaten them to Powder, and
 half as much Maſtick in Powder, and with Gum Arabick dissolved in Rose-
 water make it up into Troches, of which they may take one of about half a
 dram

drum weight an hour or two before Meals ; let old Men and Women make much of this Medicine, and they will either give me thanks, or shew manifest ingratitude. Mustard-Seed hath the Vertue of heating, dissolving, rarifying and drawing out Splinters of Bones, Heats, Dries, and other things out of the Flesh. It is of good effect to Splinters, Thorns, bring down Womens Courses, for the Falling sickness or Terms provokes, Lethargy, drowsie forgetful Evil ; to use it both inwardly Falling-sickness, and outwardly to rub the Nostrils, Fore-head and Temples, Lethargy, Snet-sharpness it purgeth the Brain by Sneezing, and drawing for, Murtherers, down Rheum and other viscous Humours, which by their Venomous Beasts, Distillations upon the Lungs and Chest procure Coughing, Agues, Lust provoke, Spleen, good therein. The Decoction of the Seed made in Wine Uvula, Sciatica, and drunk, provoketh Urine, resisteth the force of Poyson, Tooth-ach, Pains, the malignity of Mushrooms, and the Venome of Scorpions Hair, Bruises, or other venomous Creatures, if it be taken in time : and Black and Blue taken before the cold Fits of Agues, altereth, lesseneth, Spots, Roughness, and cureth them. The Seed taken either by it self or with Leprosie, Loufie other things, either in an Electuary or Drink, doth mightily Evil, Morpew, stir up bodily Lust, and helpeth the Spleen and Pains in Freckles, wry-the Sides, and Gnawings in the Bowels. And used as a Neck.

Gargle, draweth up the Palate of the Mouth being fallen down ; and also it dissolveth the Swellings about the Throat, if it be outwardly applied Being chewed in the Mouth it oftentimes helpeth the Tooth-ach. The outward application hereof upon the pained places of the Sciatica, dissolveth the Humors, and easeth the pains, as also of the Gout, and other Joynt-aches, and is much and often used to ease Pains in the Sides or Loyns, the Shoulders or other parts of the Body, upon the applying thereof to raise Blisters, and cureth the Disease by drawing it to the outward parts of the Body : It is also used to help the Falling off of the Hair : The Seed bruised mixed with Honey and applyed or made up with Wax, taketh away the Marks and Black and Blue Spots of Bruises, or the like, the roughness or scabbiness of the Skin, as also the Leprosie and Loufie Evil : It helpeth also the Crick in the Neck. The distilled Water of the Hearb when it is in flower, is much used to drink inwardly to help in any of the Diseases aforesaid, or to wash the Mouth when the Palate is down, and for the Diseases of the Throat to gargle, but outwardly also for Scabs, Itch or other the like Infirmities, and cleanse the Face from Morpew, Spots, Freckles, and other Infirmities.

The Hedge Mustard.

Description. **T**His groweth usually but with one blackish green Stalk, tough, easie to bend, but not break, branched into divers parts, and sometimes with divers Stalks set full of Branches, whereon grow long, rough or hard rugged Leaves, very much torn or cut on the edges into

many parts, some bigger, and some lesser, of a dirty green Colour: the Flowers are small and yellow, that grow at the tops of the Branches in long spikes, flowing by degrees, so that continuing long in flower, the Stalks will have small round Cods at the bottom growing upright, and close to the Stalk, while the top Flowers yet shew themselves; in which are continued small yellow Seed sharp and strong, as the Herb is also. The Root groweth down slender and woody, yet abiding, and springing again every year.

Place.] This groweth frequently in this Land, by the ways and Hedgesides, and sometimes in the open Fields.

Time.] It flowreth most usually about July.

Temperature and Vertues.] Mars owns the Herb also. It is singular good in all the Diseases of the Chest and Lungs, hoarseness of Voice, and by the use of the Decoction thereof for a little space, those of the Chest, Lungs, Hoarseness, have been recovered who had utterly lost their Cough, shortness of Breath, Voice, and almost their Spirits also. The Juice Jaundice, Pleurisie, Back, thereof made into a Syrup, or licking Medicine Loyns, Belly, Cholick, with Honey or Sugar is no less effectual for the Poyson, Sciatica, Gout, same purpose, and for all other Coughs, Wheezing, Joynts, Fistulaes, ulcers and shortness of Breath. The same is also profitable for those that have the jaundice, the Pleurisie, Pains in back and Loyns, and for tormentments in the Belly, or Cholick, being also used in Clysters. The Seed is held to be a special Remedy against Poyson and Venome, is singular good for the Sciatica, the Gout, and all Joynt-aches, Sores and Cankers in the Mouth, Throat, or behind the Ears; and no less for the hardness and swelling of the Testicles, or of Womens Breasts.

Nailwort or Whitlow-grass.

Descrip.] **T**His very small and Common Herb hath no Roots, save only a few strings; neither doth it ever grow to be above a hand breadth high the Leaves are very small, and something long, not much unlike those of Chickweed: among which rise up divers slender Stalks, bearing many white Flowers one above another, which are exceeding small: after which come small flat Pouches containing the Seed, which is very small, but of a sharp taste.

Place.] It grows commonly upon old Stone and brick Walls, and sometimes in dry gravelly Grounds, especially if there be Grass or Moss near to shadow it.

Time.] They flower very early in the year, sometimes in January, and in February, for before the end of April they are not to be found.

Government and Vertues.] It is held to be exceeding good for those Imposthumes in the Joynts, and under the Nails, which they call Whitlows, Felons, Andicoms, and Nail-lons, Andicoms, wheals. Such as would be knowing Physicians, let them read these Books of mine of the last Edition, viz. *Rivierius*

Riolanus, Johnson, Vellingus, Sennertus,

Nep or Catmint.

Descript. Common Garden Nep shooteth forth hard four-square Stalks with a hoariness on them, a yard high or more, tull of branches, bearing at every joynt two broad Leaves somewhat like Balm, but longer pointed, foster, whiter and more hoary, nicked about the edges, and of a strong sweet scent. The Flowers grow in large tufts at the top of the Branches, and underneath them likewise on the Stalks many together, of a whitish purple colour. The Roots composed of many long Strings or Fibres, fastning themselves stronger in the Ground, and abide with green Leaves thereon all the Winter.

Place. It is only nursed up in our Gardens.

Time. And it bloweth in July or thereabouts.

Government and Vertues. It is an Herb of *Venus*. Nep is Terms pro- generally used for women to procure their Courses, being taken *woks*, Bar- inwardly or outwardly, either alone, or with other convenient *nenness*, Herbs in a Decoction to bath them, or sit over the hot Fumes *womb*, thereof, and by the frequent use thereof, it takes away Barrenness, *wind*, and the Wind and Pains of the Mother. It is also used in Pains *Mother*, of the Head coming of any cold Cause, Catarrhs, Rheumes, *Cough*, and for swimming and giddiness thereof, and is of especial use *Rheumes*, for the Windiness of the Stomach and Belly: It is effectual for *Vertigo*, any Cramp or cold Aches, to dissolve the cold and wind that *Cramp*, fliteth the place, and is used for Colds, Coughs, and shortness *Cold Ach*, of Breath. The Juice thereof drunk in Wine, is profitable for *Difficuly*, those that are bruised by an accident. The green Herb bruised of *Breath*, and applied to the Fundament, and lying there two or three *Bruises*, hours, easeth the pains of the piles. The Juice also being made *Hemor*- up into an Oyntment, is effectual for the same purpose: The *rhoids*, Head washed with a Decoction thereof, it taketh away Scabs, *Scabby* and may be effectual for other parts of the Body also. *Heads.*

Nettles.

Nettles are so well known that they need no Description at all, they may be found by feeling in the darkest Night.

Government and Vertues. This is also an Herb *Mars* claims Dominion over. You know *Mars* is hot and dry, and you know as well that Winter is cold and moist; then you may know as well the reason why Nettle-tops eaten in Spring consume the flegmatick Superfluities in the Body of Man, that the coldness and moisture of Winter hath left behind. The Roots or Leaves boiled, or the Juice of either of them, or both, made *Lungs*, into an Elestuary with honey or Sugar, is a safe and sure Medi- *wheezing*, cine to open the Pipes and Passages of the Lungs, which is the *shortness* of cause of wheezing and shortness of Breath, and helpeth to expe- *Breath*,orate tough Flegm, as also to raise the imposthured Pleurisie *Pleurisie*, and spend it by Spitting; the same helpeth the Swelling of the *Almonds* of Almonds the Ears.

Ears, Throat, Almonds of the Throat, the Mouth and Throat being gargled with **Mouth, Acula,** therewith. The Juice is so effectual to settle the Palate of **Terms** provokes, the Mouth in its place, and to heal and temper the inflammation of the **Mother, Dysary,** tions and soreness of the Mouth and Throat. The Decoction of **Gravel, Worms,** on of the Leaves in Wine, being drunk, is singular good to **Spleen, Bleeding** provoke Womens Courses, and settle the Suffocation, strangling of the **Mother,** and all other Diseases thereof, as also applied outwardly with a little Mirrh. The same also, or the **mad Dogs, Hemlock, Herbane,** Seed, provoketh Urine, and expelleth the Gravel and Stone **Nightshade,** in the Reins or Bladder, often proved to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the Sides, and dissolveth the windiness of the **Mother, Leprosie,** in the Spleen, as also in the Body, although others think it only powerful to provoke Venery. The Juice of the Leaves taken two or three daves together, stayeth Bleeding at the Mouth. The Seed being drunk, is a Remedy against the stinging of Venomous Creatures, the biting of mad Dogs, the poysonful qualities of Hemlock, Henbane, Nightshade, Mandrake, or other such like Herbs that stupifie or dull the Senses; as also the Lethargy, especially to use it outwardly to rub the Fore-head or Temples in the Lethargy, and the places bitten or stung with Beasts, with a little Salt. The distilled Water of the Herb is also effectual (although not so powerful) for the Diseases aforesaid, as for outward Wounds and Sores to wash them, and to cleanse the Skin from Morphew, Leprosie, and other discolourings thereof. The Seed or Leaves bruised, and put into the Nostrils, stayeth the Bleeding of them, and taketh away the Flesh growing in them, called *Polypus*. The Juice of the Leaves, or the Decoction of them, or of the Root, is singular good to wash either old, rotten or stinking Sores, or of *Fistulae* and Gangreens, and such as are fretting, eating or corroding Scabs, Manginess and Itch in any part of the Body, as also green Wounds, by washing them therewith, or applying the green Herb bruised thereunto, yea although the Flesh were separated from the Bones: The same applied to our wearied Members, refresheth them, or to the places that have been out of Joynt being first set up again, strengtheneth, drieth and comforteth them, as also those places troubled with Aches and Gouts and the defluxion of Humors upon the Joynts or Sinews, it easeth the Pains, and drieth or dissolveth the Defluxions. An Oyntment made of the Juice, Oyl, and a little Wax, is singular good to rub cold and benumbed Members. An handful of the Leaves of green Nettles, and another of Wal-wort, or Danewort, bruised and applied simply of themselves to the Gout, Sciatica, or Joynt-aches in any part, hath been found to be an admirable help thereunto.

Night shade.

Descript.] Common *Nightshade* hath an upright, round, green, hollow Stalk, about a foot or half a yard high, bushing forth into many Branches, whereon grow in many green Leaves, and somewhat broad and

and pointed at the ends, soft and full of Juyce, somewhat like unto Basil, but larger, and a little unevenly dented about the edges: at the tops of the Stalks and Branches, come forth three or four more white Flowers made of five small pointed Leaves a piece, standing on a Stalk together, one above another with yellow pointels in the middle composed of four or five yellow threds set together, which afterwards run into so many pendulous green Berries of the bigness of small Pease, full of green Juyce, and small whitish round flat Seed lying within it. The Root is white and a little woody when it hath given Flower and Fruit with many small Fibres at it: The whole Plant is of a waterish insipide taste, but the Juyce within the Berries is somewhat viscous, and of a cooling and binding quality.

Place] It groweth wild with us, under old Walls, and in Rubbish, the common Paths, and sides of Hedges and Fields, as also in our Gardens here in England without any planting.

Time] It dyeth down every year, and ariseth again of its own sowing, but springeth not until the latter end of April at the soonest.

Government and Vertues.] It is a cold Saturnine Plant. This common *Nightshade* is wholly used to cool hot Inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the *Nightshades* are; yet it must be used moderately. *Inflammations*. The distilled Water only of the whole Herb is fittest and safest to be taken inwardly: The Juyce also clarified and taken, being *Inflammations* mingled with a little Vinegar, is good to wash the Mouth and Throat that is inflamed: But outwardly the Juyce of the Herb in the or Berries with Oyl of Roses and a little Vinegar and Cerus labour- *Eyes*, ed together in a leaden Morter, is very good to anoint all hot In- *Shingles*, flammations in the Eyes: It also doth much good for the Shingles, Ring- Ring-worms, and in all running, fretting and corroding Ulcers, *worms*, and in moist Fistulaes, and if the Juyce be made up with some *Terms* *Uterine* Dung and applied thereunto: A Pessary dipped in the Juyce *stops*, and dropped into the Matrix, stayeth the immoderate Flux of *Testicles*, Womens Courtes: A Cloath wet therein, and applied to the Testi- *Gout*, cles or Cods, upon any Swelling therein, giveth much ease, also *Ears*. to the Gout that cometh of hot and sharp Humors. The Juyce dropped into the Ears, easeth Pains thereof that arise of Heat or Inflammations. And *Pliny* saith, It is good for hot Swellings under the Throat. Have a care you mistake not the *Deadly Nightshade* for this; if you know it not, you may let them both alone and take no harm, having other Medicines sufficient in the Book.

The Oak.

It is so well known (the Timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

Government and Vertues.] *Jupiter* owns the Tree. The Leaves and Bark of the Oak, and the Acorn Cups, do bind and dry very much: The

Dry, Bind, Spit- much: The inner Bark of the Tree, and the thin Skin that
ting Blood, Flux, covereth the Acron, are most used to stay the Spitting of
Vomiting, Vene- Blood, and the Bloody-flux: The Decoction of that Bark
rious Afts, Dy- and the Powder of the Cups to stay vomitings, Spitting of
fury, Poyson, Ve- Blood, bleeding at the Mouth, or other Flux of Blood in Men
nomous Beasts or Women, Lasks also, and the involuntary Flux of natural
Cantharides, Seed. The Acrons in Powder taken in Wine provoketh
ulcers of the Urin and resisteth the Poyson of Venomous Creatures. The
Bladder. Decoction of Acrons and the Bark made in Milk and ta-

ken, resisteth the force of Poisonous Herbs and Medicines, as also the virulency of Cantharides, when one by eating them, hath his Bladder exulcerated and pisseth Blood: *Hippocrates* saith, he used the Fumes of Oak-Leaves to Women that were troubled with the strangling of the Mother; and *Galen* applyed them being bruised, to Cure green Wounds. The

Distilled Water of the Oaken-Buds before they break out into Leaves, is good to be used either inwardly or outwardly. *Inflammations,* to assuage Inflammations, and stop all manner of Fluxes in Flux, *Pestilential* Man or Woman: The same is singular good in *Pestilential* et, *Epidemical* and hot burning Feavers, for it resisteth the force of the *Diseases,* *Liver,* section, and allayeth the heat: it cooleth the heat of the *Stone,* *Terms* ver, breaketh the Stone in the Kidneys and stayeth Women's *Stops, Scabs:* Courses. The Decoction of the Leaves worketh the same effects.

The Water that is found in the hollow places of old Oakes, is very effectual against any foul or spreading Scabs. The Distilled Water (or Decoction which is better) of the Leaves is one of the best Remedies that I know for the Whites in Women.

Oats.

THese are also so well known that they need no Description.

Government and Vertues. Oats fryed with Bay-salt, and applyed to the Sides, take away the pains of Stiches and Wind in *Stich,* the Sides or Belly. A Pultis made of Meal of Oats, and some *wind, Itch,* Oyl of Bayes put thereto helpeth the Itch, and the Leprosy *Leprosie,* as also the Fistulaes of the Fundament, and dissolveth hard *Fistulaes,* *Aposthumes,* posthumes. The Meal of Oats boiled with Vinegar and applyed, *Freckles,* taketh away Freckles and Spots in the Face, or other parts of the Body.

One Blade.

Description.] **T**HIS small Plant never beareth more than one Leaf, but only when it riseth up with this Stalk, which thereon beareth another and seldom more, which are of a blewish green colour, pointed, with many Ribs or Veins therein like Plantane. At the top of the Stalk, grow many small white Flowers, Star-fashion, smelling somewhat sweet; after which come small reddish Berries, when they are ripe. The Root is small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.

Plan.]

Place.] It groweth in moist, shadowy, and grassie places of Woods, in any places of this Land.

Time.] It flowreth about May, and the Berries be ripe in June, and then quickly perissheth, until the next year, it springeth from the same Root again.

Government and Vertues.] It is a precious Herb of the Sun. Half a dram or a dram at most in Powder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid presently to sweat thereupon, is held to be a Sovereign Remedy for those that are infected

with the Plague and have a Sore upon them, by expelling the Poyson and Infection; and defending the Heart and Wounds, Si- Spirits from danger. It is a singular good Wound Herb, and is thereupon used with other the like effects in making Compound Balms for curing Wounds be they fresh

and green, or old and malignant, and especially if the Sinews be burnt.

Orchis.

It hath gotten almost as many several Names attributed to the several sorts of it, as wou'd almost fill a Sheet of Paper; as Dogs-Stones, Goat-stones, Fools-Stones, Fox-Stones, Satirian, Cullians, together with many others too tedious to rehearse.

Descript.] To describe all the several sorts of it were an endless peece of work; therefore I shall only describe the Roots, because they are to be used with some discretion. They have each of them a double Root within, one of them are round; in others like a hand; These Roots alter every year by course, when the one riseth and waxeth full, the other waxeth lank and perissheth: Now it is that which is full which is to be used in Medicine, the other being either of no use at all, or else according to the humor of the one, It destroyes and disanuls the vertue of the other, quite undoing that that doth.

Time.] One or other of them may be found in Flower, from the beginning of April, to the latter end of August.

Temperature and Vertues.] They are hot and moist in operation, under the dominion of Dame Venus, and provoke Lust exceedingly which they say the dry or withered Root restrains again; Lust Provoketh they are held to kill the Worms in Children; as also being bruised and applied to the place, to help the Kings-Evil.

Onions.

They are so well known, that I need not spend time about writing a Description of them.

Government and Vertues.] Mars owns them, and they have gotten this ability to draw any corruption to them; for if you Pill one, and lay him upon a Dunghill, you shall find him rotten in half a day, by drawing putrefaction to it, then being bruised and applied to a Plague-sore, 'tis very profitable 'twill do the like.

Onions

Onions are flatulent or windy, yet they do somewhat provoke Appetite, encrease Thirst, ease the Belly and Bowels; provoke Women's Courses, helps the Biting of a mad Dog, and of other venomous Creatures to be used with Honey and Rey, and encrease Sperm, especially the Seed of them. They also kill the Worms in Children if they drink the Water fasting wherein they have been steeped all night. Being roasted under the Embers and eaten with Honey or Sugar and Oyl, they much conduce to help an inveterate Cough, and expectorate the tough Flëgm. The Juycce being snuffed up into the Nostrils, purgeth the Head, and helpeth the Lethargy (yet the often eating them is said to procure Pains in the Head.) It hath been held by divers Country people a good preservative against Infection to eat *Onions* fasting with Bread and Salt: and also to make a great *Onion* hollow, filling the place with good Treacle, and after to roast it well under the Embers, which after taking away of the outermost Skin thereof, being eaten together, is a Sovereign Salve for either Plague-fore, or any other putrid Ulcer. The Juycce of *Onions* is good for either Scalding or Burning by Fire, Water or Gun-Powder, and used with Vinegar, taketh away all Blemishes, Spots and Marks in the Skin, and dropped into the Ears, easeth the Pains and Noise of them. Applied also with Figs beaten together, helpeth to ripen and break Imposthumes and other Sores.

Leeks are as like them in quality, as a Pomewater is like an Apple: they are a Remedy against a Surfeir of Mushrooms, being baked under the Embers and taken; and being boiled and applied very warm help the Piles. In other things they have the same property as the *Onions*, though not so effectual.

. Orpine.

Descript.] Common Orpin riseth up with divers round brittle Stalks thick set with fat and fleshy Leaves without any order, and little or nothing dented about the edges, of a green colour; the Flowers are white or whitish growing in tufts, after which come small chaffy Husks, with Seed like Dust in them. The Roots are divers, thick, round, white inberous Clogs; and the Plant groweth not so big in some places as in others where it is found.

Place.] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild and groweth in shadowy sides in Fields and Woods.

Time.] It flowereth about July, and the Seed is ripe in August.

Government and Vertues.] The Moon owns the Herb, and he that knoweth but her Exaltation, knows what I say is true.

Orpine is seldome used in inward Medicines with us, although *Tragus* saith from experience in Germany, that the distilled Water therefore is profitable for Gnawing or Excoriation in the Stomach or Bowels; and for Ulcers in the Lungs, Liver or other inward parts, as also in the Matrix, and helpeth all those Diseases, being drunk for certain days together. And that

Excoriations of
Bowels, Pitsick,
Womb, Bloody-
Flux, Wounds.

that it stayeth the sharpness of Humors in the Bloody-Flux, Inflammation, and other Fluxes in the Body, or in Wounds. The Root Scalding, Burnt thereof also performeth the like effect. It is used outwardly ings, Quinsie, to cool any Heat or Inflammation upon any Hurt or Wound, Ruptures, and easeth the pain of them: as also to heal Scaldings or Burnings; the Juyce thereof beaten with some green Saller Oyl, and anointed. The Leaf bruised, and laid to any green Wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinsie: It helpeth also Ruptures, and Burstnes. If you please to make the Juyce thereof into a Syrup with Honey or Sugar, you may safely take a spoonful or two at a time (let my Author say what he will) for a Quinsie, and you shall find the Medicine more pleasant, and the Cure more speedy, than if you had taken a Dog's-Turd, which is the Vulgar Cure.

Parsly.

This is so well known that it needeth no Description. *Government and Vertues.* It is under the Dominion of Mercury, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses, and to break Wind both in the Stomach, Dyspepsia, and Bowels, and doth a little open the Body, but ry, Terms, prothe Root much more, and openeth Obstructions both of the vokes Liver, Liver and Spleen, and is therefore accounted one of the five Spleen, Falling-opening Roots. Galen commendeth it against the Falling-sickness, Stone, sickness, and to provoke Urine mightily, especially if the wind, Veno-Roots be boiled and eaten like Parsnips. The Seed is effe-mous Beasts, cial to provoke Urine and Womens Courses, to expel Cough, Suck-Wind, to break the Stone, and ease the pains and torments ing Children, thereof, or of any other part in the Body occasioned by Wind, Eyes, Womens it is also effectual against the Vneome of any poysonful Breasts, churled Creature, and the danger that cometh to them that have Milk, Black, taken Letharge; and is good against the Cough. The di- & Blue Marks, filled Water of Parsley is a familiar Medicine with Nur- Jaundice, Fal- to give their Children when they are troubled with ling-sickness, Wind in the Stomach or Belly, which they call the Frets, Dropsie. and is also much available to them that are of greater years. The Leaves of Parsley laid to the Eyes that are inflamed with Heat, or with, doth much help them, if it be used with Bread or Meal; and being fryed with Butter, and applyed to Womens Breasts that are hard through the curdling of their Milk, it abateth the hardness quickly, and also taketh away Black and Blue Marks coming of Bruises or Falls. The Juyce thereof dropped into the Ears with a little Wine easeth the Pains. Tragus maketh down an Excellent Medicine to help the Jaundice and Falling-sickness, the Dropsie, and Stone in the Kidnies in this manner: Take of the Seeds of Parsly, Fennel, Annise and Caraways, of each an ounce; of the Roots of Parsly, Burnett, Saxifrage and Caraways, of each an ounce and an half; the Seeds be bruised, and the Roots washed and cut small. Let them lie

all night in sleep in a pottle of white wine, and in the morning be boyled in a close Earthen Vessel until a third part or more be wasted, which being strained and cleared, take four ounces thereof morning and evening first and last abstaining from Drink after it for three hours. This
Obstructions of Li. openeth Obstructions of the Liver and Spleen, and expeller and Spleen. leth the Dropsie and Jaundice by Urine.

Parsley-Piert, or Parsley Break-stone.

Descript.] **T**He Root, although it be very small and Threddy, yet it continues many years, from whence arise many Leaves lying along upon the Ground; each standing upon a long small Foot-stalk, the Leaves as broad as a Man's Nail, very deeply indented on the edges, somewhat like a Parsley-Leaf, but of a very duskie green colour. The Stalks are very weak and slender, about three or four fingers in length, set so full of Leaves that they can hardly be seen, either having no Foot-stalk at all, or but very short; the Flowrs are so small they can hardly be seen; and the Seed as small as small may be.

Place.] It is a common Herb throughout the Nation, and rejoyceth in Barren, sandy, moist places. It may be found plentifully about Hamstead-Heath, in Hide-Parke, and in Tuttle Fields.

Time.] It may be found all the Summer-time, even from the beginning of April to the end of October.

Government and vertues.] Its operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-Herb. *It* with provoketh, were good the Gentry would pickle it up as they pickle up Stone, Gravel in Samphire for their use all the Winter. I cannot teach them the Kidneys, how to do it: yet this I can tell them, it is a very wholestrangury. some Herb. They may also keep the Herb dry, or in a Syrup, if they please. You may take a dram of the Powder of it in white Wine, it would bring away Gravel from the Kidneys insensibly and without pain. It also helps the Strangury.

Parsnip.

THe Garden kind thereof is so well known, (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wild kind being of more Physical use, I shall in this place describe unto you.

Descript.] The wild Parsnip differeth little from the Garden, but groweth not so fair and large, nor hath so many Leaves; and the Root is shorter, more woody, and not so fit to be eaten, and therefore more medicinable.

Place.] The name of the first sheweth the place of its growth.

The other groweth wild in divers places, as in the Marshes by Rochester, and elsewhere, and flowreth in July: The Seed being ripe about the beginning of August, the second year after the sowing: for if they do flower the first year the Country people do call them Madneps.

Government and Vertues.] The Garden Parsnips are under Venus. The Garden

Wilden Parsnip nourisheth much, and is good and wholesome Lust provokes nourishment, but a little windy, whereby it is thought to Dysury, Cleanseth, procure bodify Lust; but it fatneth the Body much, if much Open, Venomous. It is conduable to the Stomach and Reins, and provo- Beasis, Cholick, and Urine. But the wild Parsnip hath a cutting, attenuating Dysury. cleansing and opening quality therein. It resisteth and helpeth the bitings of Serpents, easeth the Pains and Stiches in the Sides, and solveth Wind both in the Stomach and Bowels, which if the Cholick, and provoketh Urine. The Root is often used, but the Seed much more. The Wild being better than the tame, shews Dame Nature to be the best Physician.

Cow-Parsonip.

Script.] This groweth with three or four large, spread, winged rough Leaves, lying often on the Ground, or else raised a little from it, with ground hairy Foot-stalks under them, parted usually into five divisions, the two sides standing each against other, and one at the end, and each Leaf being almost round, but somewhat deeply cut in on the edges, in some Leaves, and not so deep others, of a whitish green colour smelling somewhat strongly; among which arise up a round, crusted, hairy stalk, two or three foot high, with a few joints and nodes thereon, and branched at the top, where stand large umbles of white, and sometimes reddish Flowers, and after them flat, whitish, thin, winged Seed, two wings joynted together. The Root is long and white, with two or three long hairs growing down into the Ground, smelling likewise strongly, and unpleasant.

Place.] It groweth in moist Meadows, and the borders and corners of fields, and near Ditches, generally through this Land.

Time.] It flowreth in July, and seedeth in August.

Goverment and Vertues.] Mercury hath the Dominion over them. The use thereof, as Galen saith, is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough and shortness of Breath,

Falling-sickness, and the Jaundice. The Root is avail- Cough, Difficulty to all the purposes aforesaid, and is also of great use to of Breath, Ease away the hard Skin that groweth on a Fistula, if it be long-standing,

Scraped upon it. The Seed hereof being drunk, cleans- Jaundice, Eases the Belly from tough flegmatick Matter therein; easeth Stula, Fligh, Lethargy that are Liver-grown, Womens passions of the Mother ver Mother, Ge- well being drunk as the smoke thereof received under- thargy, Frenzie, and like wise raiseth such as are fallen into a deep sleep, Headach, Scabs, and the Lethargy, by burning it under their Nose. The Shingles.

The Root boiled in Oyl, and the Head rubbed there- helpeth not only those that are fallen into a Frenzie, but also the Lethargy or Drowzie Evil, and those that have been long troubled with the such if it be likewise used with Rue. It helpeth also the running Scab the Shingles. The Juyce of the Flowers dropped into the Ears that are full of Matter, cleanseth and healeth them.

The Peach-Tree.

Descript.] A Peach-Tree groweth not so great as the Apricock-Tree, yet spreadeth Branches reasonable well, from whence spring smaller reddish Twigs, whereon are set long and narrow green Leaves dened about the edges. The Blossoms are greater then the Plum, and of a light purple colour. The Fruit round, and sometimes as big as a reasonable Pippin, others smaller as also differing in colours and taste as russet, red or yellow, waterish or firm, with a Freze or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great stone within it, and a bitter Kernel within the Stone. It sooner waxeth old, and decayeth then the Apricock by much.

Place.] They are nurled up in Gardens and Orchards through this Land.
Time.] They flower in the Spring, and fructifie in Autumn.

Government and Vertues.] Lady Venus owns this Tree, and by it opposeth the ill effects of Mays, and indeed for Children and young people, nothing is better to purge Choler and the Jaundice, than the Leaves and Flowers of this Tree being made into a Syrup or Conserve, let such as delight to please their Lust regard the Fruit: but such as have lost their Health and their Childrens, let them regard what I say, they may safely give two spoonful of the Syrup at a time, 'tis as gentle as Venus her self. The Leaves of Peaches

bruised and laid on the belly killeth Wormes: and so they do
 Worms. Belly also being boiled in Ale and drunk, and open the Belly like
 opens Humours, wise; and being dried is a safe Medicine to discuss Humors.
 Wounds. The Powder of them strewed upon fresh bleeding Wounds,

stayeth their Bleeding and closeth them up. The Flowers steeped all night in a little Wine standing warm, strained forth in the morning and drunk fasting, doth gently open the Belly, and move it downward. A Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and spendeth waterish and Hydropick Humors by the continuance thereof. The Flowers made into a Conserve worketh the same effect. The Liquor that dropped from the

Tree being Wounded, is given in the Decoction of Coltsfoot
 Droptic, Cough, to those that are troubled with the Cough or shortness of
 shortness of Breath, by adding thereunto some sweet Wine, and putting
 Breath, Vom- some Saffron also therein, it is good for those that are hoarse
 ting and Spit- or have lost their Voice: helpeth all defects of the Lungs
 ting of Blood, and those that vomit or spit Blood. Two drams thereof given
 Stone, wind, ven in the Juyce of Lemmons or of Raddish, is good for
 cholick. them that are troubled with the Stone. The Kernels of the

Stones do wonderfully ease the pains and wringing of the Belly through wind or sharp Humors, and help to make an excellent Medicine for the Stone upon all occasions, on this manner: Take fifty Kernels of Peach Stones, and one hundred of the Kernels of Cherry-stones, a handful of Elder-flowers, wash, and dried, and three pints of Muscadell; set them in a close Pot into a bid of Horse-dung for ten dayes, which after distil in a Glass with a gentle Fire.

and keep it for your use: you may drink upon occasion three or four ounces
a time. The Milk or Cream of these Kerniells being drawn forth with some
Vervain-water and applied to the Fore-head and Temples doth much help to
procure rest and sleep to sick persons wanting it. The Oyl drawn
from the kerniells, the Temples being therewith anointed, doth the Baldness,
like The said Oyl put into Clysters, easeth the pains of the Wind- Ears,
Cholick; and anointed on the lower part of the Belly, doth the watching.
like; and dropped into the Ears, easeth the pains in them: the
Juice of the Leaves doth the like. Being also anointed on the Fore-head
and Temples, it helpeth the Megrim and all other pains in the Head. If the
kerniells be bruised and boiled in Vinegar until they become thick, and ap-
plied to the Head, it marvelously procures the Hair to grow again upon bald
places, or where it is too thin.

The Pear-Tree.

Ear-Trees are so well known, that they need no Description.
Government and Vertues.] The Tree belongs to Venus, and so doth the
Apple-Tree. For their Physical use they are best discerned by their taste. All
the sweet luscious sorts, whether manured or wild, doth help to move the
Belly downwards more or less. Those that are hard and sour, do on the con-
trary bind the Belly as much, and the Leaves do so also. Those that are
moist do in some sort cool, but harsh or wild sorts much more, and are very
good in repelling Medicines: as if the wild sort be boiled with
Mushrooms, it maketh them the less dangerous. The said Pears Mushrooms,
boiled with a little Honey, helpeth much the oppressed Stomach Stomach,
all sorts of them do, some more, some less: but the harsher Inflama-
tions do more cool and bind, serving well to be bound to green tions,
Wounds to cool and stay the Blood, and heal up the Wound Cool,
without further trouble or Inflammation, as Galen saith he hath Bind,
found by experience. The wild Pears do sooner close up the Wounds.
of green Wounds than the others.

Sto'ua Solina adviseth to drink much Wine after Pears, or else (say they)
they are as bad as Poyson, nay, and they curse the Tree for it too; but if
a poor Man find his Stomach oppressed by eating Pears, 'tis but working
hard, and it will do as well as drinking Wine.

Pellitory of Spain.

Common Pellitory of Spain, if it be planted in our Gardens, it will pro-
spere very well, yet is there one sort growing ordinary here wild, which
seem to be little inferior to the other, if at all. I shall not deny you the
Description of them both.

Descript.] Common Pellitory is a very common Plant, and will not be kept
in our Gardens without diligent looking to. The Root goes down right in
the Ground, bearing Leaves being long and finely cut upon the Stalk lying
upon the Ground, much larger than the Leaves of Chamomel are. At the to

It bears one single large Flower at a place, having a border of many Leaves white on the upper-side and reddish underneath, with a yellow Thrum in the middle, not standing so close as that of Chamomil doth.

The other common Pellitory which groweth here, it hath Root of a sharp biting tast, scarce discernable by the tast from the before described, from whence arise divers brittle Stalks, a yard high and more; with narrow long Leaves finely dented about the edges, standing one above another up to the top. The Flowers are many and white, standing in Tufts like those of Yarrow, with a small yellowish Thrum in the middle. The Seed is very small.

Place.] The last groweth in Fields by the Hedge-sides and Paths, almost every where.

Time.] It flowreth at the latter end of June and July.

Government and Vertues.] It is under the Government of Mercury, and I am perswaded that 'tis one of the best purgers of the Brain that grows. An ounce of the Juyce taken in a draught of Muskadel an hour before the Fit of the Ague comes, will assuredly drive away the Ague at the second or third time taken at the furthest. Either the Herb or Root dried and chewed in the Mouth, purgeth the Brain of flegmatick Humours, thereby not only easing Pains in the Head and Teeth, but also hindreth the distilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Pitsicks, and Consumption, the Apoplexy, and Falling-sickness. It is an excellent approved Remedy in the Lethargy. The Powder of the Herb or Root being snuffed up the Nostrils procureth Sneezing, and easeth the Head-ach, being made into an Oyntment with Hogs-grease, it takes away Black and Blew Spots, Gout, Scia- and Blew Spots, occasioned by Blows or Falls, and helps tica. both the Gout and Sciarica.

Pellitory of the Wall.

Descript.] It riseth with many brownish, red, tender, weak, clear and almost transparent Stalks, about two foot high, upon which grow at the several Joynts two Leaves somewhat broad and long, of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the Stalks are also. At the Joynts with the Leaves from the middle of the Stalks upwards, where it spreadeth into some Branches, stand many small, pale, purplish Flowers in hairy rough Heads or Husks, after which come small, black and rough Seed, which will stick to any Cloth or Garment that shall touch it. The Root is somewhat long, with many small Fibres thereat, of a dark reddish colour, which abideth the Winter, although the Stalks and Leaves perish and spring fresh every year.

Place.] It groweth wild generally through the Land, about the borders of Fields, and by the sides of Walls, and among Rubbish. It will endure well being brought up into Gardens, and planted on the shady side, where it will spring of its own sowing.

Time.

Time.] It flowereth in *June* and *July*, and the Seed is ripe soon after.
Government and Vertues.] It is under the Dominion of *Mercury*. The dried
 herb pellitory made up into an Electuary with Honey, or the Juyce of the
 herb, or the Decoction thereof made up with Sugar or
 Honey, is a singular Remedy for any old or dry Cough, *Old or dry Cough*,
 the Shortness of Breath, and wheeling in the Throat, *Shortness of Breath*,
 three ounces of the Juyce thereof taken at a time, doth *Stone and gravel*,
 wonderfully help stopping of the Urine, and to expel *Mother*, *womens*
 the Stone or Gravel in the Kidneys or Bladder, and is *Courfes*, *Obstruſti-*
 therefore usually put among other Herbs, used in Cly- *ons*, *ſore Throat*,
 ters, to mitigate Pains in the Back, Sides or Bowels, pro- *Teeth*, *Freckles*,
 ceeding of Wind, stopping of Urine, the Gravel or Stone *Wheals*, *Sun-burn*,
 as aforesaid. If the bruised Herb sprinkled with some Morphew, Pain in
 the Masket be warmed upon a Tile, or in a Dish upon a few *the Ears*, *Impoſ-*
 quick Coals in a Chaffing-dish, and applied to the Belly, *humes*, *Burnings*,
 worketh the same effect. The Decoction of the Herb, and Scaldings, In-
 being drunk, easeth pains in the Mother, and bringeth *ſtations*, *ul-*
 down Womens Courses, it also easeth those Grievs that *cers*, *Scabs*, *ſalling*
 arise from Obstructions of the Liver, Spleen and Reins; *off of the Hair*, *Pi-*,
 the same Decoction with a little Honey added thereto, *les*, *Gout*, *Fistulas*
 is good to gargle a sore Throat. The Juyce held a while *green wounds*,
 in the Mouth, easeth pains in the Teeth. The distilled *bruised Tendon* or
 Water of the Herb drunk with some Sugar, worketh the *Muscle*,
 same effects, and cleanseth the Skin from Spots, *Freckles*,
Purples, *Wheals*, *Sunburn*, *Morphew*, &c. The Juyce dropped into the Ears,
 taketh the Noise in them, and taketh away the pricking and shooting Pains
 therein: The same, or the distilled Water, asswageth hot and swelling Im-
 posthumes, Burnings and Scaldings by Fire or Water, as also all other hot
 Tumors and Inflammations, or breaking out of Heat, being bathed often with
 wet Cloaths dipped therein. The said Juyce made into a Liniment with
 Cerus and Oyl of Roses and anointed therewith, cleanseth foul rotten Ul-
 cers and stayeth spreading or creeping Ulcers, and running Scabs or Sores
 in Childrens Heads: and helpeth to stay falling of the Hair from off the
 head. The said Oynment or the Herb applied to the Fundament, openeth
 the Piles, and easeth their Pains; and being mixed with Goats Tallow help-
 eth the Gout. The Juyce is very effectual to cleanse Fistulaes, and to heal
 them up safely; or the Herb it self bruised and applied with a little Salk,
 is likewise so effectual to heal any green Wound, that if it be bruised and
 bound thereto for three daies, you shall need no other Medicine to heal it
 further. A Pulvis made hereof with Mallows, and boiled in Wine with
 Wheat-Bran and Bean-Flour, and some Oyl put thereto, and applied warme
 many bruised Sinew, Tendon or Muscle, doth in a very short time restore
 them to their strength, taking away the Pains of the Bruises, and dissolveth
 the congealed Blood coming of Blows or Falls from high places.

The Juyce of Pellitory of the Wall clarified and boiled into a Syrup with
 Honey

Honey, and a spoonful of it drunk every morning by such as are subject to the Dropſie, if continuing that courſe, though but once a Week, if ever they have the Dropſie, let them come but to me, and I will Cure them gratis.

Peny-royal.

Peny-royal is ſo well known unto all, (I mean the common kind) that it needeth no Deſcription.

There is a greater kind than the ordinary ſort found wild with us, which ſo abideth being brought into Gardens, and differeth not from it, but only in the largeneſs of the Leaves and Stalks, in riſing higher, and not creeping upon the Ground ſo much. The Flowers whereof are purple, growing in Rundles about the Stalks like the other,

Place.] The firſt, which is common in Gardens, groweth alſo in many moiſt and watry places of this Land.

The ſecond is found wild in *Eſſex* in divers places by the High way from London to Colcheſter, and thereabouts more abundantly than in other Countreys, and is alſo planted in their Gardens in *Eſſex*.

Time.] They flower in the latter end of Summer, about *Auguſt*.

Government and Vertues.] The Herb is under *Venus*. *Dioſcorides* ſaith

Tough Flegm,
Terms provokes,
Dead Child and
After-birth, Vom-
iting, Melan-
choly, Veno-
mous Beaſts,
Fainting and
Swooning,
Gums, Gout,
Marks in the
Face, Tooth-ach,
Pains in the
Joynts, Head-
ach, Pains of
the Belly and
Breſt, Falling-
ſickneſs, Slink-
ing water,
Cramps and
Convulſions,
Sore Mouth,
Jaundice,
Dropſie, Pains
of the Head,
and Eye-ſight.

The Peny-royal maketh thin tough Flegm, warmeth the coldneſs of any part whereto it is applied, and digeſteth raw, or corrupt Matter : Being boiled and drunk, it provoketh Womens Courſes, and expelleth the Dead Child and After-birth, and ſtayeth the diſpoſition to Vomit, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth Flegm out of the Lungs and purgeth Melancholy by the ſtool. Drunk with Wine it helpeth ſuch as are Bitten or Stung with Venomous Beaſts: and applied to the Noſtrils with Vinegar, reviveth thoſe that are Fainting and Swooning. Being dried and burnt, it ſtrengtheneth the Gums. It is helpful to thoſe that are troubled with the Gout, being applied of it ſelf to the place until it wax red; and applied in a Plaiſter, it taketh away Spots or Marks in the Face: applied with Salt it proſiteth thoſe that are Splenetick or Liver-grown. The Decoction doth help the Itch, if waſhed therewith: Being put into Baths for Women to ſit therein, it helpeth the ſwelling and hardneſs of the Mother. The green Herb bruised and put into Venegar, cleanſeth ſoul Ulcers, and taketh away the Marks of Bruiſes and Blows about the Eyes, and all Diſcolourings of the Face by Fire, yea, and the Leproſie, being drunk and outwardly applied : Boiled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold Grievs of the Joynts, taketh away the pains and warmeth the cold part; being faſt bound to the place after a Bathing, or Sweating in an Hot-houſe. *Pliny* addeth,

That

that Penry-royal and Mints together help Fainting or Swoonings, being put into Vinegar, and put into the Nostrils to be smelled unto, or a little thereof put into the Mouth. It easeth the Head-aches and the pains of the Breast and Belly, stayeth the gnawing of the Stomach, and inward pains of the Bowels: being drank in Wine, it provoketh Womens Courses, and expelleth the dead Child and After-birth: Being given in Wine it helpeth the falling-sickness: Put into unwholsome or stinking Water that Men must drink (as at Sea, or where other cannot be had) it makes them the less hurted: It helpeth Cramps or Convulsions of the sinews being applied with Honey, Sale and Vinegar. It is very effectuell for the Cough, being boiled in Milk and drunk, and for the Ulcers and Sores in the Mouth. *Mathiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and Dropsie, and the pains of the Head and Sinews that come of a cold cause, and that it helpeth to clear and quicken the Eye-sight. Applied to the Nostrils of those that have the falling sickness or the Lethargy, or put into the Mouth it helpeth them much, being bruised and with Vinegar applied. And applied with Barley Meal, it helpeth Burnings by Fire, and put into the Ears, easeth the Pains of them.

Peony Masc. & Fœmina.

Describe.] **M**ale Peony riseth up with many brown stalks whereon grow many fair green, and sometimes reddish Leaves, one set against another, upon a Stalk without any particular division in the Leaf at all. The flowers stand at the top of the Stalks, consisting of five or six broad Leaves, of a fair purplish red colour, with many yellow threads in the middle standing about the Head, which after riseth up to be the Seed-Vessels, divided into two, three or four much crooked Pods like Horns, which being full ripe, open and turn themselves down one edge to another backward, shewing within them divers round, black, shining Seeds, having also many red or crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great thick and long spreading, and running down reasonable deep in the Ground.

The ordinary Female Peony hath many Stalks, and more Leaves on them than the Male; the Leaves not so large, but nicked diversly on the edges, some with great and deep, others with smaller cuts, and divisions, of a dark or dead green colour. The Flowers are of a strong heady scent, most usually smaller, and of a more purple colour than the Male, with yellow Thrums, about the Head as the Male hath. The Seed-Vessels are like Horns as in the Male, but smaller; the Seed is black, but less shining. The Roots consist of many thick and short tuberosous Clugs, fastned at the ends of long Strings, and all from the Heads of the Root which is thick and short, and of the like scent with the Male.

Place and Time.] They grow in Gardens; and flower usually about May.

Government and Vertues.] It is an Herb of the Sun, and under the Lyon, Physicians say Male Peony Roots are best but Dr Reason told me Male Peony

Peony was best for men, and Female peony for Women, and he desires to be judg'd by his Brother Dr. Experience. The Roots are held to be of more Vertue, than the Seeds; next the Flowers, and last of all the Leaves. The

Root of the Male Peony, fresh gathered having been found by Experience to Cure the Falling-sickness; but the surest

way is (besides hanging it about the Neck, by which Children have been cured) to take the Root of the Male Peony washed clean and stamped somewhat small, and laid to infuse in Sack for 24 hours at the least; after strain it, and take it first and last, morning and evening a good draught for sundry dayes together before and after a full Moon; and this will also cure older persons, if the Disease be not grown too old and past cure, especially if there be a due and orderly preparation of the Body with Posset-drink made of Betony, &c. The Root is also effectual

for Women that are not sufficiently cleansed after Child-birth, and such as are troubled with the Mother; for

Mother, Epialtes, which likewise the black Seed beaten to powder and given in Wine is also available. The black Seed also taken

before bed-time, and in the morning, is very effectual for such as in their Sleep are troubled with the Disease

called Epialtes or Incubus, but we do commonly call it the

Night-Mare, a Disease which melancholy persons are subject unto: It is also good against Melancholick Dreams. The distilled Water, or Syrup made of the Flowers, worketh the same effects that the Root and the Seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a plant that it is possessed by few, and those great Lovers of Rarities in this kind.

Pepper-wort, or Dittander.

Descript.] **O**ther common Pepper-wort sendeth forth somewhat long and broad Leaves, of a light blewish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks, three or four foot high, spreading many Branches on all sides, and having many small white Flowers at the tops of them, after which follow small Seed in small Heads. The Root is slender, running much under Ground, and shooting up again in many places: and both Leaves and Roots, are very hot and sharp of taste like Pepper, for which cause it took the Name.

Place.] It groweth naturally in many places of this Land, as at Clave in Essex; also near unto Exeter in Devonshire; upon Rochester-Common in Kent, in Lancashire, and divers other places: but is usually kept in Gardens.

Time.] It flowreth in the end of June and in July.

Government and Vertues.] Here's another Martial Herb for you, make much of it. Pliny and Paulus Aegineta say, That Pepper-wort is very effectual for the Sciatica, or any other Gout, or pain in the Joynts, or any other inveterate Grief: The Leaves hereof to be bruised and mixed with old Hogs-grease and

and applied to the place, and to continue thereon four hours the Skin, Marks in Men, and two hours in Women, the place being afterwards bathed with Wine and Oyl mixed together, and then Burning, Speedy wrapped with Wool or Skins after they have Sweat a little. Delivery. It also amendeth the Deformities and Discolourings of the Skin, and helpeth to take away Marks, Scars, and Scabs; or the foul Marks of Burning with Fire or Iron. The Juyce hereof is in some places used to be given in Ale to drink to Women with Child, to procure them a speedy Delivery in Travel.

Perwinckle.

Discrip.] The common sort hereof hath many Branches trailing or running upon the ground, shooting out small Fibres at the Joynts as it runneth, taking thereby hold in the ground, and rooteth in divers places. At the Joynts of these Branches stand two small, dark green, shining Leaves, somewhat like Bay-leaves but smaller, and with them come forth also the Flowers (one at a Joynt, standing upon a tender Foot-stalk) being somewhat long and hollow, parted at the brims sometimes into four, sometimes into five Leaves: the most ordinary sort is of a pale blue colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger then a Rush, blushing in the ground and creeping with his Branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planted under Hedges, where it may have room to run.

Place.] Those with the pale blue, and those with the white Flowers grow in Woods, and Orchards, by the Hedge-sides, in divers places of this Land; but those with the purple Flowers in Gardens only.

Time.] They flower in March and April.

Temperature and Vertues.] Venus owns this Herb, and saith, Stanch That the Leaves eaten by Man and Wife together, cause Love Bleeding, between them. The Perwinckle is a great binder, stayeth Bleeding Womens both at Mouth and Nose, if some of the Leaves be chewed: Courtes, The French use it to stay Womens Courses. Dioscorides Galen, Flux of the and Aegmeta, commend it against the Lask, and Fluxes of the Belly. Belly, to be drunk in Wine.

St. Peters-wort.

If Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as St. Johns-wort) had found some other Name to be known by: but we may say of our fore-Fathers as St. Paul of the Athenians, I perceive that in many things you are too superstitious. Yet seeing it is come to pass, That Custome having got in possession, pleads Prescription for the Name; I shall let it pass, and come to the Description of the Herb, which take as followeth:

Descript.] It riseth up with square upright Stalks for the most part somewhat sterner and higher than St. Johns-wort (and good reason too, St. Peter being the greater Apostle (ask the Pope else) for though God would have the Saints equal

equal, the Pope is of another opinion) but brown in the same manner, having two Leaves at every Joynt, somewhat like but larger than St. Johns-wort, and a little rounder pointed, with few or no Holes to be seen therein, and having sometimes some smaller Leaves rising from the bosom of the greater, and sometimes a little hairy also: At the tops of the Stalks stand many Star-like Flowers, with yellow threads in the middle, very like those of St. Johns-wort, insomuch that this is hardly discerned from it, but only by the largeness and height, the Seed being alike also in both. The Root abideth long, sending forth new shoots every year.

Place.] It groweth in many Groves and small low Woods, in divers places of this Land, as in Kent, Huntington, Cambridge, and Northampton-shires, as also neer Water-courses in other places.

Time.] It flowereth in June and July, and the Seed is ripe in August.

Government and Vertues.] There is not a Straw to choose between this and St. Johns-wort, only St. Peter must have it lest he should want Pot-herbs, it is of the same property of St. Johns-wort, but somewhat weak, and therefore more seldome used. Two drams of the Seed taken at a time in Honeyed Water, purgeth Cholerick Humors (as saith Dioscorides, Pliny and Galen,) and thereby helpeth those that are troubled with the Sciatica: The Leaves are used as St. Johns-wort, to help those places of the Body that have been burnt with Fire.

Pimpernel.

Descrip.] Common Pimpernel hath divers weak, square Stalks lying on the Ground, beset all along with two small, and almost round Leaves at every Joynt, one against another very like Chickweed, but hath no Foot-stalks, for the Leaves as it were compass the Stalk: The Flowers stand singly each by themselves at the tops of the Stalks, consisting of five round small pointed Leaves of a fine pale red colour, tending to an Orange, with so many threads in the middle, in whose places succeed smooth round Heads, wherein is contained small Seed. The Root is small and fibrous, perishing every year.

Place.] It groweth every where almost as well in the Meadows and Corn-fields, as by the Way-sides and in Gardens, arising of it self.

Time.] It flowereth from May and August, unto the Seed ripeneth in the mean time and falleth.

Government and Vertues.] It is a gallant Solar Herb. This is of a cleansing and attractive quality, where it draweth forth Thorns Thorns or Splin- or Splinters, or other such like things gotten into the rirs, purgeth the Flesh, and put up into the Nostrils, purgeth the Head; Head, wounds and Galen saith also they have a drying faculty, whereby and ulcers, they are good to fodder the Lips of Wounds, and to cleanse cleanse Face, foul Ulcers. The Distilled Water or Juicy is much esteemed Plague, and Pe- ed by French Dames to cleanse the Skin from any rough- silential Pea- nefs, deformity or discolourings thereof; Being boiled in Wine

Wine given to drink, it is a good Remedy against the *Venomous* Plague, and other Pestilential Feavers, if the Party after *Beasts, Mad* taking it, lie warm in his Bed and sweat for two hours after, *Dogs Biting,* and use the same twice at least. It helpeth also all Stringings *Obstructions,* and Birings of *Venomous Beasts or Mad Dogs,* being used *Urin, Stone, and* inwardly and applied outwardly. The same also openeth *Gravel, wounds* the Obstructions of the Liver, and is very available against *and ulcers,* the Infirmities of the Reins; it provoketh *Urin,* and help- *Clouds or Mists* eth to expel the Stone and Gravel out of the Kidnies and *in the Eyes,* Bladder, and helpeth much in all inward Wounds and Ul- *Tooth-ach, He-* cers. The Decoction or distilled Water is no less effectual *morhoids,* to be applied to all Wounds that are fresh and green, or old filthy fretting and running Ulcers, which it very effectually Cureth in a short space. A little Honey mixed with the Juyce, and dropped into the Eyes, cleanseth them from cloudy Mists, or thick films which grow over them and hinder the Sight. It helpeth the Tooth-ach being dropped into the Ear on the contrary side of the Pain. It is also effectual to ease the Pains of the Hemorrhoids or Piles.

Ground-pine, or Chamepitys.

Descript.] **O**ur common Ground-pine groweth low, seldom rising above an hand breadth high, shooting forth divers small Branches set with slender, small, long, narrow, grayish or white Leaves, somewhat hairy and divided into three parts. many times many blushing together at a Joynt, and sometimes some growing scatteredly upon the Stalks smelling somewhat strong, like unto *Rozin*; the Flowers are somewhat small and of a pale yellow Colour growing from the Joynts of the Stalk all along among the Leaves, after which come small and round Husks: The Root is small and woody, perishing every year,

Place.] It groweth more plentifully in Kent than in any other Country of this Land, as namely in many places on this side *Dartford* along to *Southfleet,* *Chatham,* and *Rocheſter,* and upon *Chatham-Down,* hard by the Beacon, and half a Mile from *Rocheſter* in a Field nigh a House called *Selsy.*

Time.] It flowreth and giveth Seed in the Summer Months.

Government and Vertues.] Mars owns the Herb. The Decoction of Ground-pine drunk, doth wonderfully prevail against the Strangury, or any inward Pains arising from the Diseases of the Reins Strangury, and Urine, and is especial good for all obstructions of the Liver *Obstruſi-* and Spleen, and gently openeth the Body, for which purpose *ons,* they were wont in former times to make Pills with the Powder Mother, thereof, and the purple Figs. It marvellously helpeth all the Dis- *womens* eases of the Mother used inwardly, or applied outwardly, procu- *Courses,* ring *Womens* courses, and expelling the Dead Child and Af- *Dead Child* ter-birth, yea it is so powerful upon those Feminine parts that and after- *it is utterly forbidden* it is utterly forbidden for Women with Child, and that it will *birth.* *cause*

cause Abortment or Delivery before the time: It is as effectual also in all Pains and Diseases of the Joynts, as Gouts, Cramps, Palsies, Sciatica and Aches: either the Decoction of the Palsies, Sciatic-Herb in Wine taken inwardly or applyed outwardly, or *ca, Aches, &c.* both for some time together, for which purpose the Pills Dropfie, Poyson made with Powder of Ground Pine, and of Hermodactils of the Aconites, with Venice-Turpentine are very effectual. These Pills also Venomous Creatures are special good for those that have the Dropfie, to be continued for some time. The same is a special good help for Cough, Palsie, the Jaundice, and for griping pains of the Joynts, Belly, or Hard Breasts, inward parts: It helpeth also all Diseases of the Brain proceeding of Cold and flegmatick Humours and Distillations, ling, ulcers and as also for the Falling-sickness. It is an especial Remedy for old Sores, the poyson of the Aconites of all sorts, and other poysonful Green wounds. Herbs, as also against the Stinging of any Venomous Creatures: It is a good Remedy for a cold Cough especially in the beginning. For all the purposes aforesaid, the Herb being tunned up in new Drink and drunk, is almost as effectual; but far more acceptable to weak and dainty Stomachs. The distilled Water of the Herb hath the same effects, but more weakly. The Conserve of the Flowers doth the like, which *Mathiulus* much commendeth against the Palsie. The green Herb, or the Decoction thereof being applyed, dissolveth the hardness of Womens Breasts and all other hard Swellings in any other part of the Body. The green Herb also applyed, or the Juyce thereof with some Honey, not only cleanseth putrid, stinking, foul and malignant Ulcers and Sores of all sorts, but healeth and sodereth up the lips of green Wounds in any part also.

Let Women forbear it if they be with Child, for it works violently upon the Feminine part.

Plantane.

THis groweth so familiarly in Meadows and Fields, and by Path-ways and is so well known that it needeth no Description.

Time.] It is in its beauty about June, and the Seed ripeneth shortly after. *Government and Vertues.*] It's true, *Mizaldus* and others, yea almost all Astrologo-Physicians hold this to be an Herb of Mars, and they give a verisimile of a truth for it too, viz. Because it Cures Diseases of the Head and Privities, which are under the Houses of Mars, Aries and Scorpio: All Diseases of the Head coming of Heat are caused by Mars, for Venus is made of so fine such hot Metal, or at least deals in Inferiour Parts. The truth is, It is under the command of Venus, and Cures the Head by Antipathy, to Mars, & the Privities by Sympathy to Venus; neither is there hardly a Martial Disease but it Cures: If I were to fortifie my Body against a Martial Disease, I would do it by this Herb as soon as by any, and may do it (it may be) when time shall serve.

The Juyce of Plantane clarified and drunk for divers days *Pains in the* together, either of himself or in other drink, prevaileth wth *Guts, Distilla-* derfully against all Torments or Excoriations in the *Guts tion of Rheum,* or Bowels, helpeth the Distillations of Rheum from the *Fluxes and* Head, and stayeth all manner of Fluxes, even Womens *Womens Cour-* Courses when they flow too abundantly: It is good to stay *ses, Spitting,* spitting of Blood and other Bleedings at the Mouth, or *Blood, or Bleed-* the making of foul or bloody Water by reason of any *Ulcer ing at Mouth* in the Reins or Bladder, and also stayeth the too feeble *Bleed- or Nose, or of* ing of Wounds. It is held an especial Remedy for those that *wounds, Pti-* are troubled with the *Ptiffick, or Consumption of the Lungs, sick Consump-* or Ulcers of the Lungs, or Coughs that come of Heat. The *tion or ulcers* Decoction or Powder of the Roots or Seed, is much more in the *Lungs,* binding for all the purposes aforesaid than the Leaves. *Dio- Tertian Ague,* *serides* saith, that three Roots boiled in Wine and taken, *Dropse, and* helpeth the *Tertian Ague,* and four the *Quartan Ague:* But *Falling-sick-* (letting pass the number as fabulous) I conceive the *De- ness, Tooth-ach,* cotion of divers Roots may be effectual. The Herb (but *Pin and web in* especially the Seed) is held to be profitable against the *the Eye, Pains* Dropse, the *Falling-sickness,* the Yellow Jaundice, and in the *Ears, In-* floppings of the Liver and Reins. The Roots of Plantane *flamations,* and Pellitory of Spain beaten to Powder, and put into hol- *Burning or* low Teeth, taketh away the Pains of them: The clarified *Scalding, hol-* Juyce or distilled Water dropped into the Eyes cooleth the *low ulcers, Can-* inflammations in them, and taketh away the Pin and Web; *kers and Sore* and dropped into the Ears easeth Pains in them, and helpeth *Mouth, or Privy* and restoreth the Hearing: The same also with Juyce of Parts, Piles, *Housleek* is profitable against all Inflammations and break- *Pains of the* ings out of the Skin, and against Burnings and Scaldings by *Head, Lunacy,* Fire or Water. The Juyce or Decoction made either of *and Frensie,* the self, or other things of like Nature is of much use and *Biting of Ser-* good effect for old and hollow Ulcers that are hard to be *pents or Mark* cured, and for Cankers and Sores in the Mouth or Privy *Dogs, hot* parts of Man or Woman; and helpeth also the Pains of the *Gouts, Bones* Piles in the Fundament. The Juyce mixed with Oyl of out of *Joynt,* holes, and the Temples and Fore-head anointed therewith, *worms in the* taketh the Pains of the Head proceeding from Heat, and help- *Belly, or in* the Lunatick and Phrenetick Persons very much; as also *ulcers, Scabs,* the Biting of Serpents or a mad Dog: The same also is *and Itch, Tet-* profitably applied to all hot Gouts in the Feet or Hands, *ters, Ring-* specially in the beginning. It is also good to be applied, *worms,* where any Bone is out of Joynt, to hinder Inflammations, *Shingles and* swellings and Pains that presently rise thereupon. The *fretting Sores,* powder of the dried Leaves taken in Drink, killeth Worms of *wounds.* the Belly: and boiled in Wine killeth Worms that breed in *and foul Ulcers.* One part of Plantane Water, and two parts of the *Brine*

Brine of powder'd Beef Boiled together and clarified, is a most sure Remedy to heal all spreading Scabs or Itch in the Head or Body, all manner of Tetter, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound-Herbs to heal fresh or old Wounds or Sores either inward or outward.

Plums.

THese are so well known that they need no Description. *Gouvernement and Vertues.* All Plums are under Venus, and are like Women, some better, some worse. As there is great diversity of the kinds, so is there in the Operation of Plums; for some that are sweet moisten the Stomach and make the Belly soluble; those that are sour quench Thirst more, and bind the Belly; the moist and waterish do soonest corrupt in the Stomach, but the firm do nourish more and offend less: The dried Fruit sold by the Grocers under the Name of Damask Prunes, do somewhat loosen the Belly, and being stewed, are often used both in health and Sickness, to relish the Mouth and Stomach, to procure Appetite, and a little to open the Body, assuage Choler, and cool the Stomach. Plum-Tree-Leaves boiled in Wine, are good to wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, Almonds of the Ears. The Gum of the Trees is good to break the Stone. The Gum or Leaves boiled in Vinegar and applied, kill Tetter and Ring-worms. *Mathiolus* saith, The Oyl pressed out of the Kernels of the Stones, as Oyl of Almonds is made, is good against the inflamed Piles, the Tumors or swelling of Ulcers, hoarseness of the Voice, roughness of the Tongue and Throat, and likewise the pain in the Ears. And that five ounces of the said Oyl taken with one ounce of Muskadel, driveth forth the Stone, and helpeth the Cholick.

Polipody of the Oak.

Descript.] **T**His is a small Herb, consisting of nothing but Roots and Leaves: bearing neither Stalk, Flower, nor Seed, as it is thought. It hath three or four Leaves rising from the Root, every one single by it self, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle Rib, standing on each side of the Stalk, large below, and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath, of a sad green colour, and smooth on the upper side, but on the under side somewhat rough, by reason of some yellowish spots set thereon. The Root is smaller than ones little finger, lying a slope, or creeping along under the upper crust of the Earth, brownish on the out-side, and greenish within, of a sweetish harshness in taste, set with certain round Knags on each side thereof, having also much Mossiness or yellow hairiness upon it, and some Fibres underneath it, whereby it is nourished.

Place.] It groweth as well upon old rotten Stumps, or Trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud Walls, as also in Mossie, Stony and Gravelly places, near unto Woods: That which grows upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

Time.] It being always green, may be gathered for use at any time.

Government and Vertues.] And why, I pray, must Polipodium of the Oak only be used? Gentle Colledge of Physitians, can you give me but a glimpse of reason for it? Is it only because it is dearest? Will you never leave your Covetousness till your Lives leave you? The Truth is, That which grows upon the Earth is best (tis an Herb of Saturn, and he seldom climbs Trees) to purge Melancholy; if the Humor be otherwise, choose your Polypodium accordingly. Mesue (who is called the Physicians Evangelist for the certainty of his Medicines, and the truth Drith Hu- of his opinion) saith, That it dryeth up thin Humors, digest- mours, Pur- eth thick and tough, and purgeth burnt Choler, and especi- geth burnt ally tough and thick Flegm, and thin Flegm also; even from Choler, the Joynts; and is therefore good for those that are troubled Flegm, Me- with Melancholy, or Quartan Agues, especially if it be taken lancholly, in Whey, or Honeyed-water, or in Barley-water, or the Broth Quartan A- of a Chicken with Epithimum, or with Beets or Mallows. gues, Spleen, It is also good for the hardness of the Spleen, and for Prickings Cholick, or Stitches in the Sides, as also for the Cholick; some use to Troublesome put to it some Fennel-seeds or Annis-seeds, or Ginger to cor- Sleep, Cough, sed that loathing it bringeth to the Stomach, which is more Shortness of than needeth; It being a safe and gentle Medicine fit for all Breath, persons at all seasons, which dayly experience confirmeth; and wheesings, an ounce of it may be given at a time in a Decoction, if there Lungs, Phre- be not Senna, or some other strong purger put with it. A sick Member dram or two of the powder of the dried Roots, taken fasting out of Joynt, and a Cup of Honeyed-water, worketh gently, and for the pur- Polipus, or poles aforesaid. The distilled Water both of Roots and Leaves Disease in is much commended for the Quartan Ague, to be taken for the Nose, many daies together, as also against Melancholy, or fearful or Chops in the troublesome Sleeps or Dreams; and with some Sugar-Candy Fingers or dissolved therein, is good against the Cough, shortness of Breath Toes, and Wheesings, and those distillations of thin Rheum upon the Lungs, which cause Phisicks, and oftentimes Consumptions. The Roots beaten small or the Powder of the dried Roots mixed with Ho- ny, and applied to the Member that is out of Joynt, doth much help it: applied also to the Nose, cureth the Disease called Polipus, which is a piece of Flesh growing therein, which in time stoppeth the Passage of Breath through that Nostril; and it helpeth those Clefts or Chops that come be- tween the Fingers or Toes.

The Poplar-Trees

THere are two sorts of *Poplars*, which are most familiar with us, viz. The *Black* and the *White*, both which I shall here describe unto you.

Descript.] The *White Poplar* groweth great and reasonable high, covered with a thick, smooth, white Bark, especially the Branches, having large Leaves cut into several divisions almost like a Vine Leaf, but not of so deep a green on the upper-side, and hoary white underneath, of a reasonable good scent, the whole form representing the form of Colts-foot. The Catkins which cometh forth before the Leaves, are long, and of a faint reddish colour, which fall away, bearing seldome good Seed with them. The Wood hereof is smooth, soft and white, very finely weaved, whereby it is much esteemed.

The *Black Poplar* groweth higher and straighter than the *White*, with a grayish Bark, bearing broad and green Leaves somewhat like Ivy-leaves, not cut in on the edges like the *White*, but whole and dented, ending in a point, and not white underneath, hanging by slender long Foot-stalks, which with the Air are continually shaken like as the Aspin-leaves are: The Catkins hereof are greater than those of the *White*, composed of many round, green Berries as it were set together in a long cluster, containing much downy matter, which being ripe, is blown away with the Wind. The clammy Buds hereof before they spread into Leaves, are gathered to make the *unguentum Populeon*, and are of a yellowish green colour and small, somewhat sweet, but strong. The Wood is smooth, tough and white, and easie to be cloven; on both these Trees groweth a sweet kind of Musk, which in former times was used to be put into sweet Oynments.

Place.] They grow in moist Woods, and by Water-sides in sundry places of this Land, yet the *White* is not so frequent as the other.

Time.] Their time is likewise expressed before: The Catkins coming before the Leaves in the end of Summer.

Government and Vertues.] *Saturn* hath Dominion over both. The *White Poplar*, saith *Galen*, is of a cleansing property: The weight of one ounce in Powder of the Bark thereof being drunk, saith *Dioscorida*, is a Remedy for those that are troubled with the Sci-gury, Pain in the atica, or the Strangury: The Juyce of the Leaves drop-ped, warm into the Ears, caseth the Pains in them: The Gout, Falling- young clammy Buds or Eyes before they break out into sickness, warts, Leaves, bruised, and a little Honey put to them, is a good Pushe and Medicine for a dull Sight. The *Black Poplar* is held to be wheals, Heat, more cooling than the *White*, and therefore the Leaves and Inflammati- bruised with Vinegar and applied, help the Gout: The ons, drieth wo- Seed drunk in Vinegar is held good against the Falling-sickness. The Water that droppeth from the hollow places of this Tree, taketh away Warts, Pushe, Wheals and other the like Breakings out in the Body. The young *Black Poplar*-Buds, saith *Mathiolus*, are much used by Women to beautifie their Hair, bruising them

them with fresh Butter, and straining them after they have been kept for some time in the Sun: The Oynment called *Populeon*, which is much of this Poplar, is singular for all Heat and Inflammation in any part, of the Body, and tempereth the Heat of Wounds: It is much used to dry up the Milk in Womens Breasts, when they have weaned their Children.

Poppy.

OF this I shall describe three kinds; viz. The White and Black of the Garden, and the Erratick, Wild-Poppy or Corn-Rose.

Descript.] The *white Poppy* hath at first four or five whitish green Leaves lying upon the Ground, which rise with the Stalk, compassing it at the bottom of them and are very large, much cut or torn in on the edges, and dented also besides: The Stalk which is usually four or five foot high, hath sometimes no Branches at the top, and usually but two or three at most, bearing every one but one Head, wrapped in a thin Skin, which boweth down before it is ready to blow, and then rising and being broken, the flower within it spreading it self open, and consisteth of four very large, white, round Leaves, with many whitish round Threds in the middle, set about a small, round, green Head, having a Crown, or Star-like Cover at the Head thereof, which growing ripe, become as large as a great Apple, wherein are contained a great number of small round Seeds in several partitions or divisions next unto the Shell, the middle thereof remaining hollow and empty. All the whole Plant, both Leaves, Stalks and Heads, while they are fresh, young and green, yield a Milk when they are broken, of an unpleasant bitter taste, almost ready to provoke casting, and of a strong heady smell, which being condensed, is called *Opium*. The Root is white and woody, perishing as soon as it hath given ripe Seed.

The *Black Poppy* little differeth from the former, until it beareth his Flower, which is somewhat less, and of a black purplish colour, but without any purple spots in the bottom of the Leaf. The Head of the Seed is much less than the former, and openeth it self a little round about the top, under the Crown, so that the Seed which is very black, will fall out if one turn the Head thereof downward.

The *wild Poppy* or *Corn-Rose*, hath long and narrow Leaves, very much cut in on the edges into many divisions, of a light green Colour, and sometimes hairy withal: The Stalk is blackish and hairy also, but not so tall as the Garden kind, having some such like Leaves thereon as grow below, parted into three or four Branches sometimes, whereon grow small hairy heads bowing down before the Skin break, wherein the Flower is enclosed, which when it is full blown open, is of a fair yellowish red, or in crimson colour, and in some much paler, without any spot in the bottom of the leaves, having many black, soft Threds in the middle, compassing a small green Head, which when it is ripe, is not bigger than ones little finger end, wherein is contained much black Seed, smaller by half than that of the Garden: The Root perisheth every year, and springeth again of its own sowing. Of this kind, there is one lesser in the parts thereof, and differeth in nothing else.

Place.] The Garden kinds do not naturally grow wild in any place, but are all sown in Gardens where they grow.

The *wild Poppy*, or *Corn-Rose* is plentiful enough, and many times too much in the *Corn-fields* of all Counties through this Land, and also upon *Ditch-banks*, and by *Hedge-sides*. The smaller wild kind is also found in *Corn-fields*, and also in some other places, but not so plentifully as the former.

Time.] The Garden kinds are usually sown in the Spring, which then flower about the end of *May*, and somewhat earlier, if they spring of their own sowing.

The wild kinds flower usually from *May* until *July*, and the Seed of them is ripe soon after the flowering.

Government and Vertues.] The Herb is *Lunar*, and of the Juyce of it is made *Opium*, only for lucre of Money they cheat you, and tell you 'tis a kind of *Tear*, or some such like thing that drops from Poppies when they weep, and that is somewhere beyond the Seas, I know not where beyond the Moon. The Garden-Poppy-heads, with Seeds made into a Syrup, is frequently, and to good effect used to procure rest and sleep in the sick and weak, and to stay Catarrhs and Defluxions of Rheum, Defluxions of hot thin Rheums from the Head into the Stomach, and upon the Lungs, causing a continual Cough, and Hoarsnes, fore-runner of a Consumption: It helpeth also Hoarsnes of the Throat, and when one hath lost their Voice, which the Oyl of the Seed doth likewise. The black Seed boiled in Wine and drunk, is said also to stay the Flux of the Belly, and Womens Courses. The empty Shells of the Poppy-heads are usually boiled in Water, and given to procure rest and sleep; so do the Leaves in the same manner, as also if the Head and Temples be bathed with the Decoction warm, or with the Oyl of Poppies, the green Leaves or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barly-meal, or Hogs-grease, it cooleth and tempereth all Inflammations, as also the Disease called *St. Anthony's-fire*. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure rest and sleep, and to ease Pains in the Head as well as in other parts. It is also used to cool Inflammations, Agues or Frensies, and to stay Defluxions which cause a Cough or Consumption, and all other Fluxes of the Belly, or Womens Courses: It is also put into hollow Teeth to ease the Pain, and hath been found by experience to ease the Pain of the Gout.

The *wild Poppy*, or *Corn-Rose*, (as *Mathioli* saith) is good to prevent the *Falling-sickness*. The Syrup made with the Flowers, is with good effect given to those that have the *Pleurisie*: and the dried Flowers also, either boiled in Water, or made into Powder and drunk, either in the distilled Water of them, or in some other Drink, worketh the like effect. The distilled Water of the Flowers, is held to be of much good use against Surfeits, being drunk evening

evening and morning: It is also more cooling than any of the *Inflama-*
other Poppies, and therefore cannot but be as effectual in hot *tions.*
Agues, Frenfies, and other Inflammations either inward or outward,
the Syrup or Water to be used therein, or the green Leaves used outwardly,
either in an Oyntment, as it is in *Populeon*, a cooling Oyntment, or any other-
ways applied, *Galen* saith, The Seed is dangerous to be used inwardly.

Purslane.

Garden Purslane (being used as a Salad Herb) is so well known, that it
needeth no Description; I shall therefore only speak of its Vertues as
followeth:

Government and Vertues.] 'Tis an Herb of the Moon. It is good to cool
any heat in the Liver, Blood, Reins and Stomach, and in hot Agues, no-
thing better: It stayeth hot and cholerick Fluxes of the
Belly, Womens Courses, the Whites and Gonorrhea, or *Coolleth Heat of*
running of the Reins, the Distillation from the Head, and *Blood in hot A-*
Pains therein proceeding of Heat, want of Sleep, or the *gues, Cholerick*
Frensie. The Seed is more effectual than the Herb, and is *Fluxis, Womens*
of singular good use to cool the heat and sharpness of the *Courses, the*
Urine, and the outrageous Lust of the Body, Venereous *Whites and Go-*
Dreams, and the like, insomuch that the over frequent use *norrhea, Distil-*
hereof, extinguisheth the Heat and Vertue of Natural Pro- *lations, Frensie,*
creation. The Seed bruised and boiled in Wine, and given *Heat of urine,*
to Children, expelleth the Worms. The Juyce of the Herb *Lust and vene-*
is held as effectual to all the purposes aforesaid, as also to *reous Dreams,*
Vomiting, and taken with some Sugar or Honey, helpeth *Wrms, Vomi-*
an old and dry Cough, shortness of Breath, and the Phti- *ting, old, dry*
tick, and stayeth immoderate Thirst. The distilled Water *Cough, short*
of the Herb is used by many (as the more pleasing) with a *Breath and Phti-*
little Sugar to work the same effects. The Juyce also is *sick, ulcers in*
singular good in the Inflammations and Ulcers in the Secret *the Secret Parts,*
Parts in Man or Woman, as also the Bowels and Hemor- *Redness of the*
roids, when they are Ulcerous, or Excoriations in them: *Eyes, and Infla-*
The Herb bruised and applied to the Fore-head and Tem- *mations, Crick,*
ples, allayeth excessive Heat therein, hindring Rest and *or Pain in the*
Sleep; and applied to the Eyes, taketh away the redness and *Neck, Blasting*
Inflammation in them, and those other parts where Pushes, *by Lightning,*
Wheals, Pimples, St. Anthony's-fire and the like, break *Burning by Gun-*
forth, especially if a little Vinegar be put to it: And being *powder, sore*
applied to the Neck with as much of Galls and Linseed oge- *Breasts, Chil-*
der, taketh away the Pains therein and the Crick in the *drens Navels,*
Neck. The Juyce is used with Oyl of Roses for the said *sore Mouth, and*
Cauls, or for Blasting by Lightning, and Burnings by *swollen Gums,*
Gun-powder, or for Womens sore Breasts, and to allay the *fasteneth Teeth,*
Heat in all other Sores or Hurts: Applied also to the Na- *Tooth-ach, bloody.*
vels

urine, Gout,
Cramp, and
Stiffness of the
Sinews.

veils of Children that stick forth, it helpeth them: It is also good for sore Mouths and Gums that are swollen, to fasten loose Teeth. *Camerarius* saith, That the distilled Water used by some, took away the Pain of their Teeth, when all other Remedies failed, and that the thickned Juycce made in Pills with the Powder of Gum Tragacanth and Arabick, being taken, prevaileth much to help those that make a bloody Water. Applied to the Gout it easeth pains thereof, and helpeth the hardness of the Sinews, if it come not of the Cramp, or a cold cause.

Prim-Roses.

They are so well known, that they need no Description. Of the Leaves of Prim-Roses is made as fine a Salve to heal Wounds as any is that I know: You shall be taught to make Salves of any Herb at the latter end of the Book, make this as you are taught there, and do not (you that have any Ingenuity in you) see your poor Neighbours go with wounded Limbs, when a Half-peny cost will heal them.

Privet.

Descript.] Our common Privet is carried up with many slender Branches, to a reasonable height and breadth, to cover Arbors, Bowers and Banqueting-Houses, and brought, wrought, and cut into many Forms, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of it self: It beareth long and narrow green Leaves by couples, and sweet smelling white Flowers in Tufts at the ends of the Branches, which turn into small black Berries that have a purplish Juycce within them, and some Seeds that are flat on the one side, with a hole or dent therein.

Place.] It groweth in this Land in divers Woods.

Time] Our Privet flowreth in June and July; the Berries are ripe in August and September.

Government and Vertues.] The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions to wash Sores and sore Mouths, and to cool Inflammations, and dry up Fluxes. Yet *Mathiolus* saith, It serveth to all the uses for the which Cypres or the East Privet is appointed by *Dioscorides* and *Galen*. He further saith, That the Oyl that is made of the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Head-ach coming of an hot Cause. There is a sweet Wash, Fluxes and other also distilled from the Flowers that is good for all those Womens Courses, Diseases that need cooling and drying, and therefore helpeth Voiding Blood, all Fluxes of the Belly or Stomach, Bloody-Fluxes, and Rheum in the Womens Courses being either drunk or applied, as also for those that void Blood at their Mouth, or any other place; and for Distillations of Rheum in the Eyes, especially if it

be used with Tutia-

Queen of the Meadows, Meadow-Sweet, or Mead-Sweet.

Descript.] The Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the Joints thereof large winged Leaves, standing one above another at distances, consisting of many and somewhat broad Leaves, set on each side of a middle Rib, being hard, rough or rugged, crumpled much like unto Elm-Leaves, having also some smaller Leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper-side, and grayish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a Leaf hereof put into a Cup of Claret-wine, giveth also a fine reddish to it: At the tops of the Stalks and Branches stand many Tufts of small white Flowers, thrust thick together, which smell much sweeter than the Leaves: and in their places being fallen, come crooked and cornered Seed. The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers great Strings, and lesser Fibres set thereat, of a strong scent, but nothing so pleasant as the Flowers and Leaves, and perisheth not, but abideth many years, shooting forth anew every Spring.

Place.] It groweth in moist Meadows, that lye much wet, or near the Courses of Water.

Time.] It flowreth in some place or other all the three Summer Moneths, that is, June July and August, and their Seed is ripe quickly after.

Government and Vertues.] Venus claims Dominion over the Herb. It is used to stay all manner of Bleedings, Fluxes, Vomitings, and Womens Courses, as also their Whites: It is said to Bleedings, Fluxes, alter and take away the Fits of Quartan Agues, and to make Vomitings, a merry Heart, for which purpose some use the Flowers, Womens Courses and some the leaves. It helpeth speedily those that are troubled with the Cholick, being boiled in Wine; and with Quartan Ague, a little Honey taken warm, it openeth the Belly: But boiled Cholick, opens in red Wine and drunk, it stayeth the Flux of the Belly. Be the Belly; old ing outwardly applied, it healeth old Ulcers that are Can- ulcers, healeth krous or eaten, or hollow and fistulous, for which it is by sore Mouths or many much commended, as also for the Sores in the Mouth, Secrets, raise or Secret Parts. The Leaves, when they are full grown be- Blisters, Infla- tion laid upon the Skin will in a short time raise Blisters mation in the thereon, as Tragus saith. The Water thereof helpeth the Eyes. Near and Inflammation in the Eyes.

The Quince-Tree.

Descript.] The ordinary Quince-Tree groweth often to the height and bigness of a reasonable Apple-Tree, but more usually lower and crooked, with a rough Bark, spreading Arms and Branches far broad. The Leaves are somewhat like those of the Apple-Tree, but thicker, broader, and fuller of Veins, and whiter on the under-side, not dented at all about the

edges. The Flowers are large and white, sometimes dash'd over with a bluish. The Fruit that followeth is yellow, being near ripe, and covered with a white Freez or Cotton, thick set on the younger, and growing less as they grow to be through ripe, bunched out often-times in some places, some being like an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sour, harsh, and of an unpleasant taste to eat fresh; but being scalded, roasted, baked or preserved, becometh more pleasant.

Place and Time.] It best likes to grow near Ponds and Water-sides, and is frequent through this Land; and flowreth not until the Leaves be come forth. The Fruit is ripe in September or October.

Government and Vertues.] Old Saturn owns the Tree. Quinces when they are green, help all sorts of Fluxes in Man or Woman, and Fluxes, Cholerick Lasks, Castings, and whatever needeth astringtion Lask, &c. more than any way prepared by Fire: yet the Syrup of the provoketh Juyce, or the Conserve are much conducible, much of the binding Appetite, ing quality being consumed by the Fire: If a little Vinegar be sayeth Vo- added, it stirreth up the languishing Appetite, and the Stomach miting, given to Casting: Some Spices being added, it comforteth and Fainting strengtheneth the decayed and fainting Spirits, and helpeth the Spirits, Liver oppressed, that it cannot perfect the Digestion; and correcteth Choler and Flegm: If you would have them purging, Cholers, put Honey to them instead of Sugar; and if more Laxative, for Flegm, Poyson, Choler, Rheubarb; for Flegm, Turbith; for watry Humors Scammony: but if more forcibly to bind, use the unripe Quinces with Womens Breasts, Roses, and Acacia, Hypocistis, and some torrifed Rhubarb. To Plague. take the crude Juyce of Quinces, is held a preservative against Sores, the force of deadly Poyson; for it hath been found most certain Preserveth true, That the very smell of a Quince hath taken away all the Hair. strength of the Poyson of white Hellebore. If there be need of any outward binding and cooling of any hot Fluxes, the Oyl of

Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other parts therewith: It likewise strengtheneth the Stomach and Belly, and the Sinews that are loosned by sharp Humors falling on them, and restraineth immoderate Sweatings. The Mucilage taken from the Seeds of Quinces, and boiled in a little Water, is very good to cool the heat, and heal the sore Breasts of Women. The same with a little Sugar is good to lenifie the harshness and hoarseness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boiled and applied to Plague-sores, healeth them up; and laid as a Plaister made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling, if it be ready to shed.

Rhadish, and Horse-Rhadish.

THe Garden Rhadish is so well known, that it needeth no Description. *Description.*] The Horse-Rhadish hath his first Leaves that rise before Winter, about a foot and a half long, very much cut in or torn on the edges into many

many parts of a dark green colour, with a great Rib in the middle, after these have been up a while, others follow which are greater, rougher, broader and longer, whole and not divided at the first, but only somewhat roundly dented about the edges: The Stalk when it beareth Flowers (which is but seldome) is great, rising up with some few lesser Leaves thereon to three or four foot high, spreading at the top many small Branches of whitish Flowers, made off four Leaves apieces, after which come small Pods like those of Shepherds-purse, but seldome with any Seed in them. The Root is great, long, white and rugged, shooting up divers Heads of Leaves, which may be parted for increase, but it doth not creep within Ground, nor run above Ground, and is of a strong, sharp and bitter taste, almost like Mustard.

Place.] It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in moist and shadowy places.

Time.] It flowereth but seldome, but when it doth, it is in July.

Government and Vertues.] They are both under Mars, the Juyce of Horfe Rhadish given to drink, is held to be very effectual for the Scurvy. It killeth the Worms in Children being drunk, and also laid Scurvy, upon the Belly. The Root bruised and laid to the place grieved Worms, with the Sciatica, Joynt-ach, or the hard Swellings of the Liver Sciatica, and Spleen, doth wonderfully help them all. The distilled Wa- Liver and ter of the Herb and Roots, is more familiar to be taken with a Spleen. little Sugar for all the purposes aforesaid.

Garden Rhadishes are in wantonness by the Gentry eaten as Salad, but they breed but Scurvy Humors in the Stomach, and corrupt the Blood, and then send for a Physitian as fast as you can; this is one cause makes the owners of such nice Palats so unhealthful, yet for such as are troubled with the Gravel, Stone or Stoppage of Urine, they are good Stone, Physick if the Body be strong that takes them: You may make Dysury, the Juyce of the Roots into a Syrup if you please for that use: They purge by Urine exceedingly.

Rag-wort.

It is called also St. James-wort, Stagger-wort, and Stammer-wort, and Seggrum.

Descript.] The greater common Ragwort hath many large, and long, dark, green Leaves lying on the Ground, very much rent and torn on the sides into many pieces; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish Stalks three or four foot high, sometimes branched, bearing divers such like Leaves upon them at several distances unto the top, where it brancheth forth into many Stalks bearing yellow Flowers, consisting of divers Leaves set as a Pale or Border, with dark yellow Thrum in the middle, which do abide a great while, but at last are turned into down, and with the small blackish gray Seed are carried away with the Wind. The Root is made of many Fibres, whereby it is firmly fastned into the Ground, and abideth many years.

There is another sort hereof different from the former onely in this, That it

it riseth not high; the Leaves are not so finely jagged, or not of so dark a green colour, but rather somewhat whitish, soft and woolly, and the Flowers usually paler.

Place.] They grow both of them wild in Pastures, and untilled Grounds, in many places, and oftentimes both in one Field.

Time.] They flower in June and July, and the Seed is ripe in August.

Government and Vertues.] Ragwort is under the command of Dame Venus, and cleanseth, digesteth and discusseth. The Decoction of Sore Mouth or the Herb is good to wash the Mouth or Throat that hath Throat, Swellings and Impostumes, for it thoroughly cleanseth and healeth humes, Quinsie, them; as also the Quinsie, and the Kings-Evil: It helpeth to stay Catarrhs, thin Rheumas, and Defluxions from Catarrhs & De- the Head into the Eyes, Nose or Lungs. The Juyce is fluxions, Green found by experience to be singular good to heal green wounds, and Wounds, and to cleanse and heal all old and filthy Ulcers ulcers in the in the Privities, and in other parts of the Body; as also Privy Parts, inward Wounds and Ulcers, stayeth the malignity of fret- running Cankers ting and running Cankers, and hollow Fistules, not suffer- and hollow Fi- ing them to spread further. It is also much commended stulaes, Aches & to help Aches and Pains, either in the fleshy part, or in the Pains, Sciatica. Nerves and Sinews; as also the Sciatica, or Pain of the Hips or Huckle-bone, to bathe the places with the Decoction of the Herb, or to anoint them with an Oyntment made of the Herb bruised and boiled in old Hogs-suet, with some Mastich and Olibanum in Powder added unto it after it is strained forth.

In *Sussex* we call it *Ragweed*.

Rattle-grass.

OF this there are two kinds which I speak of, viz. The Red and Yellow.

Descript.] The common Red Rattle hath sundry reddish hollow Stalks, and sometimes green, rising from the Root, lying for the most part on the Ground, some growing more upright, with many small reddish or greenish Leaves set on both sides of a middle Rib finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like small gaping Hoods; after which come flat blackish Seed in small Husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish Strings with some Fibres thereat.

The common Yellow Rattle hath seldome above one round green Stalk, rising from the Root, above half a yard or two foot high, and but few Branches thereon, having two long, and somewhat broad Leaves set at a Joynt, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end: The Flowers grow at the tops of the Stalks with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow colour, or in some paler,

and in some more white. The Seed is contained in large Husks, and being ripe will rattle, or make a noise with lying loose in them. The Root is small and slender, perishing every year.

Place.] They grow in our Meadows and Woods, generally through this Land.

Time.] They are in flower from Mid-summer untill August be past sometimes.

Government and Vertues.] They are both of them under the Dominion of the Moon. The Red Rattle is accounted profitable to heal up Fistulaes, and hollow Ulcers, and to stay the *Fistulaes*, and *hollow Flux* of Humors to them, as also the abundance of *Womens Courses*, or any other Flux of Blood, being boiled in red Wine and drunk.

The Yellow Rattle, or Cocks-Comb is held to be good for those that are troubled with a Cough, or dimness of *Cough*, *Dim-sight*. Sight, if the Herb being boiled with Beans, and some Honey put thereto, be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any Skin, Dimness or Film from the Sight without trouble or pain.

Rest-Harrow, or Cammoak.

Descript.] Common Rest-Harrow riseth up with divers rough woody Twigs, half a yard, or a yard high, set at the Joynts without order, with little roundish Leaves sometimes more than two or three at a place, of a dark green colour, without Thorns while they are young, but afterwards armed in sundry places with short and sharp Thorns. The Flowers come forth at the tops of the Twigs and Branches, whereof it is full, fashioned like Pease, or Broom-Blossoms, but lesser, flatter and somewhat close, of a faint purplish colour; after which come small Pods, containing small, flat and round Seed: The Root is blackish on the out-side, and whitish within, very rough and hard to break when it is fresh and green, and as hard as an Horn when it is dried, thrusting down deep into the Ground, and spreading likewise, every piece being apt to grow again if it be left in the Ground.

Place.] It groweth in many places of this Land, as well in the Arable as waste Ground.

Time.] It flowreth about the beginning or middle of July, and the Seed ripe in August.

Government and Vertues.] It is under the Dominion of Mars. It is singular good to provoke Urine when it is stopped, and to break and drive forth the Stone, which the Powder of the Bark of the *urin* Root taken in Wine performeth effectually. *Mathioli* saith, stopped, The same helpeth the Disease called *Hernia Carnosa*, the fleshy Stone, Rupture by taking the said Powder for some Moneths together *Fleshy* constantly, and that it hath cured some which seemed incurable Rupture, by any other means than by cutting or burning. The Decocti-*Tooth-ach*, on thereof made with some Vinegar, and gargled in the Month *Liver and* easeth

Spleen ob-
structed
ulcers.

ease the Tooth-ach, especially when it comes of Rheum; and the said Decoction is very powerful to open Obstructions of the Liver and Spleen, and other parts. A distilled Water made in *Balneo Mariæ* with four pound of the Root hereof first sliced small, and afterwards steeped in a Gallon of Canary Wine, is singular good for all the purposes aforesaid, and to cleanse the Passages of the Urine. The Powder of the said Root made into an Electuary, or Lozenges with Sugar; as also the Bark of the fresh Roots boiled tender, and afterwards beaten into a Conserve with Sugar worketh the like effect. The Powder of the Roots strewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and causeth them to heal the better.

Rocket.

IN regard the Garden Rocket is rather used as a Salad Herb than to any Physical purposes, I shall omit it, and only speak of the common wild Rocket: The Description whereof take as followeth:

Description.] The common wild Rocket hath longer and narrower Leaves, much more divided into slender cuts and jags on both sides of the middle Rib than the Garden kinds have; of a sad overworn green colour, from among which rise up divers Stalks two or three foot high, sometimes set with the like Leaves, but smaller and smaller upwards, branched from the middle into divers stiff Stalks, bearing sundry yellow Flowers on them made of four Leaves apiece, as the others are, which afterwards yield them small reddish Seed, in small long Pods, of a more bitter and hot biting taste than the Garden kinds, as the Leaves are also.

Place.] It is found wild in divers places of this Land,

Time.] It flowreth about June or July, and the Seed is ripe in August.

Government and Vertues.] The Wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the Head, causing Ach and Pain therein: and are no leis hurtful to hot and Cholerick Persons, for fear of inflaming their Blood, and therefore for such we may say, a little doth but a little harm, for angry Mars rules them, and he sometimes will be testy when he meets with Fools. The wild Rocket is more strong and

Increase Sperm effectual to encrease Sperm and Venereous qualities, where-
and Veneri, helps unto all the Seed is more effectual than the Garden kinds:

Digestion, pro- It serveth also to help Digestion, and provoketh Urine ex-
vokes Urine, ceedingly. The Seed is used to Cure the Bitings of Ser-

Biting of Ser- pents, the Scorpion and the Shrew-Mouse, and other Poy-
pents, &c. sons, and expelleth Worms, and other noysome Creatures

Cough in Chil- that breed in the Body. The Herb boiled or stewed, and
dren, encreaseth some Sugar put thereto, helpeth the Cough in Children,

Milk, cleanseth being taken often. The Seed also taken in drink, taketh
the Face, Scars, away the ill Scent of the Arm-pits, encreaseth Milk in Nur-

ses, and wasteth the Spleen. The Seed mixed with Ho-
ney

ney, and used on the Face, cleanse the Skin from Spots, Morpew and other discolourings therein; and used with Vinegar, taketh away Freckles and Redness in the Face or other parts, and with the Marks of Gall of an Ox, it amendeth foul Scars, Black and Blew Spots, and Small Pox. the Marks of the Small Pox.

Winter Rocket, or Cresses.

Descript.] **W**inter Rocket, or Winter Cresses, have divers somewhat large, sad green Leaves lying upon the Ground, torn or cut into divers parts, somewhat like unto Rocket or Turnip-leaves, with smaller pieces next the bottom, and broad at the ends, which so abide all Winter (if it spring up in Autumn, when it is used to be eaten) from among which riseth up divers small round Stalks full of Branches, bearing many small yellow Flowers of four Leaves apiece, after which come small Pods with reddish Seed in them. The Root is somewhat stringy, and perisheth every year after the Seed is ripe.

Place.] It groweth of its own accord in Gardens and Fields by the Waysides in divers places, and particularly in the next Pasture to the Conduit-head behind Grays-Inn that brings Water to Mr. Lamb's Conduit in Holborn.

Time.] It flowreth in May, and seedeth in June, and then perisheth.

Government and Vertues.] This is profitable to provoke Urine, and helpeth the Strangury, and to expel Gravel and the Stone. It is also of good effect in the Scurvy. It is found by experience to be Strangury, Gra- a singular good Wound-herb, to cleanse inward Wounds: *vel* and Stone, the Juyc or Decoction being drunk, or outwardly applied Scurvy, wounds, to wash foul Ulcers and Sores, cleansing them by sharpness, *ulcers* and hindring or abating the dead Flesh from growing there- Sores. in and healing them by the drying quality.

Roses.

Hold it altogether needless to trouble the Reader with a Description of any of these, sith both the Garden Roses and the Wild-Roses of the Bry- are well enough known; take therefore the Vertue of them as followeth: And first I shall begin with the Garden kinds.

Government and Vertues.] What a Quarter have Authours made with Roses? What a Racket have they kept? I shall add, red Roses are under *Jupiter*, Damask under *Venus*, and white under the *Moon*, and *Provence* under the King of *France*. The White and the Red Roses are cooling and drying, and yet the White is taken to exceed the Red in both the properties, but is seldom used inwardly in any Medicine. The bitterness in the Roses when they are fresh, especially the *Choler* and Juyc purge the *Choler*, and watry Humours: but being *waterish* Humours, and that heat which causeth the bitterness being consumed, they have then a binding and astringent quality: *ach*, Pains in those also that are not full blown, do both cool and bind the Ears, Eyes, more

Throat and Gums, Fundament, Bowels, and Matrix, St. Anthony's-fire, Stomach, Womens Courses, Defluxions, fast-neth Teeth, Lask and Spitting of Blood, Heat and Inflammations; Whites and Reds in Women, Choler and Flegm, Redness and watering in the Eyes.

more than these that are full blown, and the white Roses more than the red. The Decoction of red Roses made with Wine and used, is very good for the Head-ach, and pains in the Eyes, Ears, Throat and Gums, as also for the Fundament, the lower parts of the Belly, and the Matrix, being bathed, or put into them. The same Decoction with the Roses remaining in it, is profitably applied to the Region of the Heart to ease the Inflammation therein; as also St. Anthony's-fire, and other Diseases of the Stomach. Being dried and beaten to Powder, and taken in steeled Wine or Water it helpeth to stay Womens Courses. The yellow threads in the middle of the red Roses (which are erroneously called the Rose-Root and Spleen, seed) being powdered, and drunk in the distilled Water of Whites and Reds Quinces, stayeth the over flowing of Womens Courses, in Women, Choler and doth wonderfully stay the Defluxion of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith and some Vinegar of Squills added thereto. The Heads with the Seed being used in Powder, or in a Decoction, stayeth the Lask and spitting of Blood. Red Roses do

strengthen the Heart, the Stomach, and the Liver, and the retentive Faculty: they mitigate the Pains that arise from Heat, assuage Inflammations, procure Rest and Sleep, stay both Whites and Reds in Women, the Gonorrhea or running of the Reins, and the Fluxes of the Belly: the Juycce of them doth purge and cleanse the Body from Choler and Flegm. The Husks of the Roses with the Beards and Nails of the Roses are binding and cooling, and the distilled Water of either of them, is good for the Heat and Redness in the Eyes, and to stay and dry up the Rheums and Watering of them. Of the red Roses are usually made many Compositions, all serving to sundry good uses, viz. Electuary of Roses, Conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dried Roses, and Honey of Roses. The Cordial Powder called *Diarrhodon Abatis*, and *Aromaticum Rosarum*. The distilled Water of Roses, Vinegar of Roses, Oynment and Oyl of Roses, and the Rose-Leaves dried, which although no Composition, yet of a very great use and effect. To write at large of every one of these, would make my Book swell too big, it being sufficient for a Volume, of it self to speak fully of them. But briefly, The Electuary is purging whereof two or three drams taken by it self in some convenient Liquor, is a Purge sufficient for a weak Constitution: but may be encreased to six drams, according to the strength of the Patient. It purgeth Choler without trouble, and is good in hot Feavers, and Pains of the Head arising from hot Cholerick Humors, and Heat in the Eyes, the Jaundice also, and Joynt-aches proceeding of hot Humors. The moist Conserve is of much use, both binding and Cordial; for until it be about two years old, it is more binding

binding than Cordial, and after that, more cordial than Distillations & binding. Some of the younger Conserve taken with *Mi-Defluxions of* *Mercurium* mixed together, is good for those that are troubled with *Rheum*, *Fluxes* of *Rheum* from the Brain to the *and Lasks, Run-* Nose, and *Defluxions* of *Rheum* into the Eyes; as also *ning of the* for *Fluxes* and *Lasks* of the Belly: and being mixed with *Reins*, *Faint-* the Powder of Mastich, is very good for the running of the *ings*, *Swoon-* *Reins*, and for the looseness of Humors in the Body. The *ings and Trem-* old Conserve mixed with *Aromaticum Rosatum*, is a very bling of the good Cordial against Faintings, Swoonings, Weakness Heart, helpeth *ings and Trem-* and Tremblings of the Heart, strengthening both it and a *Digestion*, stay- weak Stomach, helpeth Digestion, stayeth Casting, and is *ith Casting*, *In-* a very good preservative in the time of Infection. The dry *fection*, *cooleth* Conserve which is called Sugar of Roses, is a very good the Liver and Cordial to strengthen the Heart and Spirits; as also to Blood, *resisteth* *Putrification*, stay *Defluxions*. The Syrup of dried red Roses strengthen- *Putrification*, with a Stomach given to Casting, cooleth an over-heated and Infection, Liver, and the Blood in Agues, comforteth the Heart, and *sore Mouths*, resisteth *Putrification* and Infection, and helpeth to stay *Throats*, &c. *Lasks* and *Fluxes*. Honey of Roses is much used in Gar- *Comfort the* *ashes* and Lotions to wash Sores, either in the Mouth Heart and *Sto-* Throat, or other parts, both to cleanse and heal them, and *much*, *stay* *Vo-* to stay the Fluxes of Humors falling upon them. It is also *miting*, *faint* used in Clysters both to cool and cleanse. The Cordial Spirits, *Redness* *powders* called *Diarrhodon Abatis* and *Aromatica Rosarum*, of the Eyes. to comfort and strengthen the Heart and Stomach, pro- *partially* *the* *Life* *are* an Appetite, help Digestion, stay Vomiting; and are very good for those that have slippery Bowels to strengthen them; and to dry up their moisture. Red Rosewater is well known, and of a familiar use in all occasions (and better than Damask Rose-water) being cooling and cordial, refreshing, quickning the weak and faint Spirits, used either in Meats or Broths to wash the Temples, to smell to at the Nose, or to smell the sweet Vapors thereof out of a Perfuming-pot, or cast into a hot Fire-shovel. It is also of much good against the redness and inflammations of the Eyes to bathe them therein, and the Temples of the Head, also against Pain and Ach, for which purpose also Vinegar of Roses is of much good use and to procure ease and sleep, if some thereof and Rose-water together be *Procure Sleep*. used to smell unto, or the Nose and Temples moistned therein, but more usually to moist a piece of a Red Rose-Cake cut fit for the purpose, and heated between a double folded Cloath, with a little beaten *anagris*, and Poppy-seed strewed on the side that must lie next to the Fore-head and Temples, and bound so thereto for all Night. The *ment* of Roses is much used against Heat and Inflammation of the Liver, *Heat of the Li-* in the Head, to anoint the Fore-head and Temples, *ver*, *Back* and *and* being mixed with *Unguentum Populeon*, to procure *Reins*, *Pubes*, *as*; as also it is used for the Heat of the Liver, of the Back *it heals* & *Pim-* and

ples, Fluxes of and Reins, and to cool and heal Pufhes, Wheals, and Humors.

Roses, is not only used by it self to cool any hot Swellings or Inflammations, and to bind and stay Fluxes of Humors unto Sores, but is also put into Oyntments and Plaisters that are cooling and binding, and restraining the Flux of Humours. The dried Leaves of the red Roses are used both inwardly and outwardly, both cooling binding and cordial, for

with them are made both *Aromaticum Rosarum*, *Diarrhodon weak Stomach. abbatis*, and *Saccarum Rosarum*, each of whose Properties are before declared. Rose-Leaves and Mints heated and

applied outwardly to the Stomach, stay Castings and very much strengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose-Cake (as is said before) to quiet the over hot Spirits, and

cause Rest and Sleep. The Syrup of Damask-Roses, is both Purgeth Choler, Simple and Compound, and made with Agarick. The simple solutive Syrup, is a familiar, safe, gentle and easie Me-

Bind the Belly, dicine purging Choler, taken from one ounce to three or four; yet this is remarkable herein, that the distilled Wa-

Melancholick, ter of this Syrup should notably bind the Belly; The Syrup Humours, Le- with Agarick is more strong and effectual; for one ounce thereof by it self will open the Body more than the other,

prose, Itch, Tet- ters, French- and worketh as much on Flegm as Choler. The Com-

Pox. pound Syrup is more forcible in working in Melancholick Humors, and available against the Leprosie, Itch, Tettters, &c.

and the French disease: Also Honey of Roses solutive is made of the same Infusions that the Syrup is made of, and therefore worketh the same effect

both opening and purging, but is oftner given to Flegmatick

Open the Belly. tick than Cholerick persons, and is more used in Clusters than in Portions, as the Syrup made with Sugar is. The con-

serve and preserved Leaves of these Roses are also operative, in gently open-

ing the Belly. The simple Water of the Damask Roses is chiefly used for Fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fill sweet

Bags, and little use they are put to in Physick, although they have some purging quality; the wild Roses also are few or none of them used in Phy-

sick, but are generally held to come neer the Nature of the manured Ro-

ses. The Fruit of the wild Brier, which are called Hops, being

thoroughly ripe, and made into a Conserve with Sugar, besides

Bind the the pleasantness of the taste, doth gently bind the Belly, and stay

Belly, and Defluxions from the Head upon the Stomach, drying up the

pay De- moisture thereof, and helpeth Digestion. The Pulp of the Hops

fluxions, dried into a hard Consistence, like to the Juyce of Liquorish, or

whites in so dried that it may be made into Powder and taken in drink, stay-

women, eth speedily the Whites in Women. The Briar Ball is oftner used,

Stone, eth made into Powder and drunk to break the Stone, to pro-

provokes

voke Urine when it is stopped, and to ease and help the Cholick, *urine*, some appoint it to be burnt, and then taken for the same purpose. *Cholick*, In the middle of the Balls are often found certain white Worms, *Worms*, which being dryed & made into Powder, & some of it drunk, is found by Experience of many, to kill & drive forth the Worms of the Belly.

Rosa Solis, or Sun-dew.

Descript.] It hath divers small, round, hollow Leaves, somewhat greenish, but full of certain red Hairs, which make them seem red, every one standing upon his own Foot-stalks, reddish, hairy likewise. The Leaves are continually moist in the hottest day, yea, the hotter the Sun shines on them, the moister they are, with a certain sliminess that will rope (as we say) the small Hairs always holding this moisture. Among these Leaves rise up small slender Stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are the Flowers; after which, in the Heads are contained small Seeds. The Root is a few small Hairs.

Place.] It groweth usually in Bogs and in wet places, and sometimes in moist Woods.

Time.] It flowreth in June, and then the Leaves are fittest to be gathered.

Government and Vertues.] The Sun rules it, and 'tis under the Sign Cancer, Rosa Solis is accounted good to help those that have a salt Rhewm distilling on the Lungs which breedeth a Consumption, and therefore the distilled Water thereof in Wine, is held fit and profitable for such to drink, which Water will be of a Gold yellow colour. The same Water is held to be good for all other Diseases of the Lungs, as Phti- Distillations of, ticks, Wheezings, Shortness of Breath, or the Cough; as also Rhewm, Phti- to heal the Ulcers that happen in the Lungs, and it comfort- sick, wheezings, the Heart and fainting Spirits. The Leaves outwardly Shortness of applied to the Skin, will raise Blisters, which hath caused Breath, Cough, some to think it dangerous to be taken inwardly: but there ulcers in the are other things which will also draw Blisters, yet nothing Lungs, comfort dangerous to be taken inwardly, There is an usual Drink the Heart raises, made thereof with Aqua Vita and Spices frequently, and Blisters, Passions without any offence or danger, but to good purpose used in of the Heart. Qualms and Passions of the Heart.

Rosemary.

Our Garden Rosemary is so well known, that I need not describe it, **Time.]** It flowreth in April and May with us, sometimes again in August.

Government and Vertues.] The Sun claims priviledge in it, and 'tis under the Celestial Ram. It is an Herb of as great use with us in these dayes as whatsoever, not only for Physical, but Civil purposes. The Physical use

use of it (being my present Task) is very much both for inward and outward Diseases: for by the warming and comforting heat thereof it helpeth all cold Diseases both of the Head, Stomach, Liver and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of Cold Diseases, Rheum into the Eyes, and all other cold Diseases of the Rheums, Swelling of the Head, Drowiness or Dulness of the Mind and Senses, like a stupor, the dumb Palsie, or loss of Speech, the Lethargie, and Falling-sickness to be both drunk, and the Temples bathed therewith. It helpeth the Pains in the Gums and Teeth by Rheum falling into them, or by putrifaction, causing an evil smell from them, or a stinking Breath. It helpeth a weak Memory, and quickneth the Senses. It is very comfortable to the Stomach in all the cold Grievs thereof, helping both retention of Meat, and Digestion, the Decoction or Powder being taken in Wine. It is a Remedy for the windiness in the Stomach and Bowels, and expelleth it powerfully, as also Wind in the Spleen. It helpeth those that are Liver-grown, by opening the Obstructions thereof. It helpeth dim Eyes and procureth a clear Sight, the Flowers thereof being taken all the while it is flowing, every Morning fasting with Bread and Salt. Both Dioscorides and Galen say, That if a Decoction be made thereof with Water, and they have the Yellow Jaundice do exercise their Bodies presently after the taking thereof, it will certainly Cure them. The Flowers and Conserve made of them, is singular good to comfort the Heart, and to expel the contagion of the Pestilence: to burn the Herb in Houses and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be dayly taken. The dried Leaves shred small, and taken in a pipe like as Tobacco is taken, helpeth those that have any Cough or Pissick, or Consumption, by warming and drying the thin Distillations which cause those Diseases. The Leaves are much used in bathings, and made into Oynments or Oyls, is singular good to help cold benumbed Joynts, Sinews or Member. The Chymical Oyl drawn from the Leaves and Flowers, is a Sovereign help for all Diseases aforesaid; to touch the Temples and Nostrils with two or three drops, for all the Diseases of the Head and Brain spoken of before; as also to take one drop, two or three, as the Cause requireth, for the inward Grievs: yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Insolation in this manner: Take what quantity you will of the Flowers, and put them into a strong Glass close stopped, tye a fine Linnen Cloath over the Mouth and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distil down into the lower Glass, to be preserved as precious for divers uses, both inward and outward

ward as a Sovereign Balm to heal the Diseases before-mentioned, to clear dim Sight, and take away Spots, Marks, and Scars in the Skin.

Rhubarb, or Rhapontick.

1711

DO not start, and say this grows you know not how far off; and then ask me, How it comes to pass that it bring it among our English Simples? For though the Name may speak it Forrain, yet it grows with us in England, and that frequent enough in our Gardens; and when you have thoroughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of China, and by that time this hath been as much used as that hath been, the Name which the other hath gotten will be eclipsed by the fame of this: take therefore a Description at large of it, as followeth:

Description.] At the first appearing out of the Ground, when the winter is past, it hath a great round brownish Head, rising from the middle or sides of the Root, which openeth it self into sundry Leaves one after another, very much crumpled or folded together at the first, and brownish: but afterwards it spreadeth it self, and becometh smooth, very large and almost round, every one standing on a brownish Stalk of the thickness of a Mans Thumb, when they are grown to their fullness, and most of them two foot and more in length, especially when they grow in any moist or good Ground: And the Stalk of the Leaf also from the bottom thereof to the Leaf it self, being also two foot: the breadth thereof from edge to edge in the broadest place, being also two foot; of a sad or dark green colour, of a fine tart or sourish taste, much more pleasant than the Garden or Wood-Sorrel. From among these riseth up some but not every year, strong thick Stalks, not growing so high as the Patience, or Garden-Dock, with such round Leaves as grow below, but smaller at every Joynt up to the top, and among the Flowers which are white spreading forth into many Branches, and consisting of five or six small Leaves apiece, hardly to be discerned from the white threads in the middle, and seeming to be all threads, after which come brownish three square Seeds like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The Root groweth in time to be very great with divers and sundry great spreading Branches from it, of a dark brownish or reddish colour on the out-side, with a pale yellow Skin under it, which covereth the inner substance or Root, which Rind and Skin being pared away, the Root appears of so fresh and lively a colour, with fresh coloured Vains running through it, that the choicest of that Rhubarb that is brought us from beyond the Seas cannot excel it: which Root, if it be dried carefully, and as it ought (which must be in our Countrey by the gentle heat of a Fire, in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of and commended by those who have oftentimes used them.

Place.] It groweth in Gardens, and flowreth about the beginning or middle of June, and the Seed is ripe in July.

Time.] The Roots that are to be dried and kept all the year following,

are not to be taken up before the stalk and leaves be quite withered & gone, and that is not until the middle or end of *October*; and if they be taken a little before the Leaves do spring, or when they are sprung up, the Roots will not have half so good colour in them.

I have given the precedence unto this, because in Vertues also it hath the perheminence; I come now to describe unto you that which is called *Patience*, or *Monks Rhubarb*; and next unto that, the great round leav'd *Dock*, or *Bastard Rhubarb*; for the one of these may happily supply in the absence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And lastly, shall shew you the Vertues of all the three sorts.

Garden Patience, or Monks Rhubarb.

Descrip.] This is a *Dock* bearing the Name of *Rhubarb*, for some purging quality therein, and groweth up with large tall Stalks, set with somewhat broad and long fair green Leaves, not dented at all. The tops of the Stalks being divided into many small Branches, bear reddish or purplish Flowers, and three square Seed like unto other *Docks*. The Root is long, great and yellow, like unto the wild *Docks*, but a little redder, and if it be a little dried, sheweth less store of discoloured Veins than the next doth when it is day.

Great round leav'd Dock, or Bastard Rhubarb.

Descrip.] This hath divers large, round, thin, yellowish green Leaves rising from the Root, a little waved about the edges, every one standing upon reasonable thick, and long brownish Foot-stalk, from among which riseth up a pretty big stalk, about two foot high, with some such like Leaves growing thereon, but smaller. At the top whereof stand in a long spike many small brownish Flowers, which turn into a hard three-square shining brown Seed, like the *Garden Patience* before described. The Root groweth greater than that, with many branches of great Fibres thereat, yellow on the out-side, and somewhat pale, yellow within, with some discoloured Veins like to the *Rhubarb* which is first described, but much less than it, especially when it is dry.

Place and time.] These also grow in Gardens, and flower and seed at or near the same time that our true *Rhubarb* doth, viz. they Flower in *June*, and the seed is ripe in *July*.

Government and Vertues.] *Mars* claims predominancy over all these wholesome Herbs: you cry out upon him for an Infortune, when God created him for your good (only he is angry with Fools.) What dishonour is this not to *Mars*, but to God himself? A dram of the dried Root of *Monks*

Rhubarb with a scruple of *Ginger* made into Powder and taken fasting in a draught or mess of warm Broth, purgeth and *Flegm*, stay *Choler* and *Flegm* downwards very gently and safely

Lasse and *Blood* without danger. The seed thereof contrary doth bind the

Bellay

Belly, and helpeth to stay any sort of Lask or Bloody-flux. *dy-Flux, Scabs*
 The Distilled Water thereof is very profitably used to heal and *ulcerous*
 Scabs, as also foul Ulcerous Sores, and to allay the Inflammation of them: The Juyce of the Leaves or Roots, or the Sores,
 Decoction of them in Vinegar, is used as a most effectual
 Remedy to heal Scabs and running Sores.

The Bastard Rhubarb hath all the properties of the Monks Rhubarb, but
 more effectual for both inward and outward Diseases. The Decoction
 thereof with Vinegar dropped into the Ears, taketh away
 the Pains; gargled in the Mouth, taketh away the Tooth-*Pains of the*
 ach, and being drunk, healeth the Jaundice. The Seed *Ears, Tooth-ach*
 thereof taken, easeth the gnawing and griping Pains of the *Jaundice, Pain*
 Stomach, and taketh away the loathing thereof unto Meat. *of the Stomach,*
 The Root thereof helpeth the ruggedness of the Nails, and *and loathing of*
 being boiled in Wine, helpeth the swelling of the Throat, *Meat, Kings-E-*
 commonly called the Kings Evil, as also the swellings of *vil, Stone, urine,*
 the Kernels of the Ears. It helpeth them that are troubled *Dim Sight, Liver*
 with the Stone, provoketh Urine, and helpeth the dimness *and Blood.*
 of the Sight. The Roots of this Bastard Rhubarb are used
 in opening and purging Diet Drinks with other things to open the Liver,
 and to cleanse and cool the Blood.

The properties of that which is called the English Rhubarb, are the same
 with the former, but much more effectual, and hath all the properties of the
 true Indian Rhubarb, except the force in purging, wherein it is but of half
 the strength thereof, and thereof a double quantity must
 be used; it likewise hath nor that bitterness and astringency; *Choler and*
 in other things it worketh almost in an equal quality, *Flegm, Obstru-*
 which are these; It purgeth the Body of Choler and *Etions, Jaun-*
 Flegm, being either taken of it self, made into Powder and *dice, Dropsie,*
 drunk in a draught of white Wine, or steeped therein all *Spleen, Agues,*
 night, and taken fasting, or put among other Purgers, as *Pains of the*
 shall be thought convenient, cleansing the Stomach, Liver, *Sides, and Spit-*
 and Blood, opening Obstructions, and helping those *ting of Blood,*
 Grievs that come thereof; as the Jaundice, Dropsie, swel- *Running of the*
 ling of the Spleen, Tertian and Day Agues, and pricking *Reins, Swelling*
 Pains of the Sides, and also it stayeth spitting of Blood. *in the Head,*
 The Powder taken with *Cassia* dissolved, and a little washed *Sciatica, Gout,*
Venice Turpentine, cleanseth the Reins, and strengthen- *Cramp, Clotted*
 eth them afterwards, and is very effectual to stay the *Blood, ulcers,*
 Running of the Reins or Gonorrhea. It is also given *in the Eyes, or*
 for the Pains and Swellings in the Head, for those that are *Eye-lids, Swel-*
 troubled with Melancholy, and helpeth the *Sciatica, the ing and Inflamm-*
 Gout and the Cramp. The Powder of the Rhubarb taken *mations, Black*
 with a little *Mummia* and *Madder-Roots* in some red *and Blue Spots,*
 Wine, dissolveth clotted Blood in the Body, hapning by any *purge the Liver*
 Fall or Bruise, and healeth Burstings and broken parts, as *and Stomach.*

well inward as outward: The Oyl likewise wherein it hath been boiled worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eye-lids, being steeped and strained; as also to assuage the Swellings and Inflammations; and applied with Honey, or boiled in Wine, it taketh away all black and blew spots or marks that happen therein; Whey or white Wine, are the best Liquors to steep it in, and thereby, it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little Indian Spicknard as the best Corrector thereof.

Meadow Rew.

Descript.] **M**eadow Rew riseth up with a yellow stringy Root, much spreading in the Ground, shooting forth new Sprouts, round about with many herby green Stalks two foot high, crested all the length of them, set with Joynts here and there, and many large Leaves on them above as well as below, being divided into smaller Leaves, nicked or dented in the fore-part of them of a red green colour on the upper-side, and pale green underneath: Toward the top of the Stalk there shooteth forth divers short Branches; on every one whereof there stand two, three, or four small Heads or Buttons, which breaking the Skin that incloseth them sheweth forth a tuft of pale greenish yellow threds, which falling away, there comes in their place small three cornered Cods, wherein is contained small, long and round Seed. The whole Plant hath a strong unpleasant scent.

Place.] It groweth in many places of this Land, in the borders of moist Meadows, and Ditch-sides.

Time.] It flowreth about July or the beginning of August.

Government and Vertues.] *Dioscorides* saith, That this Herb bruised and applied, perfectly healeth old Sores, and the distilled Water of the Herb and Flowers doth the like. It is used by some among other Pot-herbs, to open the Body and make it soluble, but the Roots washed clean, and boiled in Ale and drank, provoketh to the stool more than the Leaves, but yet very gently. The Root boiled in Water, and the places of the Body most troubled with Vermin and Lice washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as *Camerarius* saith.

Garden Rew.

Garden Rew is so well known both by this Name, and the Name Herb of Grace, that I shall not need to write any farther Description of it, but shall only shew you the Vertue of it as followeth:

Government and Vertues.] It is an Herb of the Sun and under Leo. It provoketh Urine and Womens Courses, being taken either in Meat or Drink. The Seed thereof taken in Wine, is an Antidote against all dangerous Medicines or deadly Poysons. The Leaves taken either by themselves, or with Figs and Walnuts, is called

Womens
Courses,
Urine,

called *Mithridates* his Counter-Poyson against the Plague, and Poysons, causeth all Venomous things to become harmles: Being often Plague, taken in Meat and Drink it abateth Venery, and destroyeth Abate the ability to get Children. A Decoction made thereof with Venery, some dryed Dill Leaves and Flowers, easeth all pains and tor- Pains of ments inwardly to be drunk, and outwardly to be applied warm the Chest to the place grieved. The same being drunk, helpeth the pains and Sides, both of the Chest and Sides, as also Coughs, and hardness of Cough, Breathing, the Inflammations of the Lungs, and the tormenting Head, pains of the Sciatica, and the Joynts, being anointed or laid to Breathing, the places, as also the shaking fits of Agues, to take a draught Sciatica, before the fit come: Being boiled or infused in Oyl it is good and Joynt- to help the Wind Cholick, the hardness and Windiness of the Mo- achies, ther, and freeth Women from the strangling or suffocation there- Agues, of, if the Share, and the parts, thereabouts be anointed therewith: Wind- It killeth and driveth forth the worms of the Belly, if it be drunk Cholick, after it is boiled in Wine to the half with a little Honey: It Mother, helpeth the Gout or pains in the Joynts or Hands, Feet or Knees, worms, applied thereunto: and with Figs it helpeth the Dropsie, be- Gout, ing bathed therewith: being bruised and put to the Nostrils, Dropsie, it stayeth the bleeding thereof, it helpeth the swelling of the Bleeding, Cods if they be bathed with a Decoction of Rue and Bay-leaves. Swelling of It taketh away Wheals and Pimples if being bruised with a the Cods, few Mirtle-Leaves, it be made up with Wax and applied: It wheals and cureth the Morpew, and taketh away all sorts of Warts, if boiled Pimples, in Wine, with some Pepper and Nitre, and the places rubbed Morpew therewith: and with Allum and Honey, helpeth the dry Scab or and warts, any Tetter or Ring-worm. The Juyce thereof warmed in a Scab, Tet- Pomegranate-shel or rind, and dropped into the Ears, helpeth ter and the pains of them. The Juyce of it and Fennel with a little Ho- Ringworm, ney, and the Gall of a Cock put thereto, helpeth the dimness of Pains of the Eye-sight. An Oyntment made of the Juyce thereof with the Ears, Oyl of Roses, Cerufs, and a little Vinegar, and anointed, cureth Dim-sight, St. Anthony's fire, and all foul running Sores in the Head; and St. Antho- the stinking Ulcers of the Nose or other parts. The Antidote ny's-fire, used by *Mithridates* every Morning fasting to secure himself Ranning from any Poyson or Infection, was this: take twenty Leaves of Sores of Rew, a little Salt, a couple of Walnuts, and a couple of Figs the Head, beaten together into a Mass with twenty Juniper-Berries, which ulcers of is the quantity appointed for every day. Another Electuary is the Nose, made thus: Take of Nitre, Pepper and Cummin-seed, of each Antidote, equal parts; of the Leaves of Rue clean picked, as much in Pains of weight as all the other three weighed; beat them well together, the Chest, and put to as much Honey as will make it up into an Electuary; Stomach, (but you must first keep your Cummin-seed in Vinegar twenty Spleen, our hours, and then dry it, or rather roast it in a hot Fire- Belly, thovel,

Shovel, or in an Oven) and it is a Remedy for the pains or griefs in the Chest or Stomach; of the Spleen, Belly or Sides, by Wind or Stitch-Obstructions. es; of the Liver by Obstructions; of the Reins and Bladder by the stopping of Urine, and helpeth also to extenuate fat corpulent Bodies. What an Infamy is cast upon the ashes of *Mithridates* (or *Methridates*, as the *Augustans* read his Name) by unworthy people; they that deserve no good report themselves, love to give none to others, viz. That renowned King of *Pontus* fortified his Body by Poyson against Poyson, (He cast out Devils by *Belzebub* the Prince of Devils.) What a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poysons would have dispatch'd him; On the contrary, if not, Corrosions would have done it: the whole World is at this present time beholding to him for his Studies in Physick, and he that useth the quantity of but a Hazel Nut of that Receipt every morning, to which his Name is adjoynd, shall to admiration preserve his Body in health, if he do but consider that *Rew* is an Herb of the Sun, and under *Leo*, and gather it and the rest accordingly.

Rupture-wort

Description.] **T**His spreadeth very many Threddy Branches round about upon the Ground, about a span long, divided into many other smaller parts, full of small Joynts set very thick together, whereat come forth two very small Leaves of a French yellow, green colour Branches and all, where groweth forth also a number of exceeding small yellowish Flowers, scarce to be discerned from the Stalks and Leaves, which turn into Seeds as small as the very dust. The Root is very long and small, thrusting down deep into the Ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest beat, yet a little bitter and sharp withall.

Place.] It groweth in dry, sandy and rocky places.

Time.] It is fresh and green all the Summer.

Government and Vertues.] They say *Saturn* causeth Ruptures: If he do, he doth no more than he can Cure: if you want Wit, he will teach you though to your cost: This Herb is *Saturns* own, and is a notable Antivenerean. Rupture wort hath not his Name in vain: for it is found Ruptures. by Experience to Cure the Rupture, not only in Children but also in Elder persons, if the Disease be not too inveterate, by taking a Dram of the Powder of the dried Herb every day in Wine for certain dayes together. Or the Decoction made in Wine, and drunk. Or the Juyce or Distilled Water of the green Herb Fluxes, taken in the same manner; and helpeth all other Fluxes either of Man or Woman; Vomitings also, and the Gonorrhea or the Reins, running of the Reins, being taken any of the wayes aforesaid: Strangery, It doth also most assuredly help those that have the Strangury, Stone or or have their Urine stopped, or are troubled with the Stone or Gravel, Gravel in the Reins or Bladder: The same also much helpeth Stitches, all Stitches in the Side, all griping Pains in the Stomach or Bell. Jaund. ly, the Obstructions of the Liver, and cureth the yellow Jaundice;

likewise it killeth also the Worms in Children: being *worms*,
wardly applyed it conglutinateth Wounds notably, and help- *wounds*,
much to stay Defluxions of Rheum from the Head to the *Defluxions*,
yes, Nose and Teeth, being bruised green and bound thereto: *Foululcers*.
the Decoction of the dried Herb, to bath the Fore-head
and Temples, or the Nape of the Neck behind: It also dryeth up the
moisture of Fistulous Ulcers, or any others that are foul and spreading.

Rushes.

Although there are many kinds of *Rushes*, yet I shall only here insist
upon those which are best known, and most Medicinal. As the Bul-
rushes, and other of the soft and smooth kinds; which grow so commonly
almost every part of this Land, and are so generally noted, that I sup-
pose it needless to trouble you with any Description of them: Briefly then
the Vertues of them as followeth.

[*Government and Vertues.*] The Seed of the soft *Rushes*, saith *Dioscorides*
and *Galen*, toasted (saith *Pliny*) being drunk in Wine and Water, stayeth
the Lask and Womens Courses, when they come down too abundantly: but
causeth Head-ach: It provoketh Sleep likewise, but must be given with
caution, lest the Party that takes it wake not untill the Resurrection: *Pliny*
saith, The Root boiled in Water to the consumption of one third helpeth
the Cough.

Thus you see that Conveniencies have their Inconveniencies and Vertue
seldome unaccompanied with some Vices. What I have written concern-
ing *Rushes*, is to satisfie my Country-mens Question, *Are our Rushes good*
for nothing? Yes, and as good let alone as taken: There are Remedies
enough without them for any Disease, and therefore as the Proverb is, I care
not a *Rush* for them; or rather they will do you as much good as if one had
given you a *Rush*.

Rye.

This is so well known in all the Countries of this Land, and especially
to the Country-people who feed much thereon, that if I should de-
scribe it, they would presently say, I might well have spared that labour.
The Vertues follow.

[*Government and Vertues.*] Rye is more digesting than Wheat: The Bread
and the Leaven thereof ripeneth and breaketh *Imposthumes*,
Boyls, and other swellings: The Meal of Rye put between a *Imposthumes*,
double cloth, and moistned with a little Vinegar, and heat- *Boyls and Swel-*
in a Pewter Dish, set over a Chafing-dish of coals, and ing *pains of the*
and fast to the Head while it is hot, doth much ease the *Head, Chaps of*
continual Pains of the Head. *Matthiolus* saith, That the *the Hands or*
of Rye-straw put into Water, and suffered therein a *Feet*.
ay and a night, and the Chaps of Hands or Feet washed
therewith, doth heal them.

Saffron.

Saffron.

THe Herb needs no Description, it being known generally where it grows. *Place.*] It grows frequently at *walden* in *Essex*, and in *Cambridgeshire*. *Government and Vertues.*] It is an Herb of the *Sun*, and under the *Lyon*, & therefore you need not demand a reason why it strengthens the Heart, strengthneth, thens the heart so exceedingly. Let not above ten grains Brain, Consumption of be given at one time: for if the Sun which is the fountain of life, may dazel the Eyes, and make them blind, the Lungs, Pestilence, Small Pox, Measles, a Cordial being taken in an immoderate quantity, may hurt the Heart instead of helping it. It quickneth the Yellow Jaundice, Flegm purgeth. Brain, for the Sun is exalted in *Aries*, as well as he hath his House in *Leo*, it helps Consumption of the Lungs, helps difficulty of Breathing. It is an excellent thing in Epidemical Diseases, as Pestilence, Small Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow Jaundice. My Opinion is (but I have no author for it) that Hermodactils are nothing else but the Roots of Saffron dried; and my reason is, That the Roots of all Crocus both white and yellow, purge Flegm as Hermodactils do; and if you please to dry the Roots of any Crocus, neither your Eyes nor your taste shall distinguish them from Hermodactils.

Sage.

Our ordinary Garden Sage needeth no Description. *Time.*] It flowreth in or about *July*.

Government and vertues.] *Jupiter* claims this, and bids me tell you it is good for the Liver, and to breed good Blood. A Decoction of the Leaves and Branches of Sage made and drunk, saith *Dioscorides*, Provokes urine, provoketh Urine, bringeth down Womens Courfes, helpeth to expel the dead Child, and causeth the Hairs to become black. It stayeth the bleeding of Wounds, and cleanseth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the Itching of the Cods, if they be bated therewith. *Agrippa* saith, that if Women that cannot conceive by reason of the moist slipperiness of their Wombs, shall take a quantity of the Juice of Sage with a little Salt for four dayes before they company with their Husbands, it will keep them not only to conceive, but also to retain the Birth without Miscarrying. *Orpheus* saith, Three spoonfuls of the Juice of Sage taken fasting with a little Honey, doth presently stay the Spitting or casting up of Blood of them that are in a Consumption: these Pills are much commended: Take of Spikenard, Ginger, of each two drams; of the seed of Sage toasted at the Fire, eight drams, of Longer Pepper 12 drams: all these being brought

to fine Powder, put thereto so much Juycce of Sage as may Lethargy, dul-
ke them into a Mass for Pills; taking a dram of them eve- ness of Spirit,
Morning fasting, and so likewise at Night, drinking a Palsie, Defluxi-
le pure Water after them. *Mathiolus* saith, It is very pro- ons of Rheum,
ble for all manner of pains of the Head coming of cold and Imposthume be-
ew-matick Humors, as also for all pains of the Joynts, whe- bind the Ears,
er inwardly or outwardly, and therefore helpeth the Fal- Hoarsness and
g-sickness, the Lethargy, such as are dull and heavy of Cough, Bloody-
urit, the Palsie, is of much use in all Defluxions of Rheum Flux, biting
om the Head, and for the Diseases of the Chest or Breast. of Serpents,
the Leaves of Sage and Nettles bruised together, and laid Worms in the
on the Imposthume that riseth behind the Ears, doth as Ears or Sores,
age it much: The Juycce of Sage taken in warm Water Quicken the
peth a hoarsness and the Cough: The Leaves sodden in Senses, and
me, and laid upon the place affected with the Palsie, help- help Memory,
h much, if the Decoction be drunk also. Sage taken with Sore Mouths
ormwood is good for the Bloody flux: *Pliny* saith, It pro- and Throats,
eth Womens Courses, and stayeth them coming down too Cankers; Pal-
d, helpeth the stinging and biting of Serpents, and killeth sic, Cramp,
the Worms that breed in the Ears and in fores. Sage is of Stitch in the
cellent use to helpe the Memory, warming and quickning Side.
e Senses and the Conserve made of the Flowers, is used to
e same purpose, and also for all the former recired Diseases. The Juycce of
gedrunk with Vinegar hath been of good use in time of the Plague at all
esi. Gargles likewise are made with Sage, Rosemary, Honey-suckles,
d Plantane boiled in Wine or Water, with some Honey or Allom put
ereto to wash fore Mouths and Throats, Cankers, or the Secrer Parts of
m or Woman as need requireth. And with other hot and comfortable
rbs. Sage is boiled to bathe the Body and Legs in the Summer-time,
pecially to warm cold Joynts or Sinews troubled with the Palsie or Cramp,
d to comfort or strengthen the parts. It is much commended against the
h or pains in the side coming of Wind, if the place be fomented warm
th the Decoction thereof in Wine, and the Herb also after boiling, be
warm also thereunto.

Wood Sage.

Script.] **W**ood-Sage riseth up with square hoary Stalks two foot high
at the least, with two Leaves set at every Joynt, somewhat
other Sage-leaves, but smaller, softer, whiter and rounder: and a little dented
at the edges, and smelling somewhat stronger: At the tops of the Stalks and
aches stand the Flowers on a slender like spike turning themselves all one way
they blow, and are of a pale and whitish colour smaller than Sage, but hooded
gaping like unto them. The Seed is blackish and round; four, usually seem
Rusk together: The Root is long and stringy, with divers Fibres thereat,
abideth many years.

Place

Place.] It groweth in Woods, and by Wood-Medges, as also in divers Fields, and by Lanes in the Land.

Time.] It flowreth in June, July and August.

Government and Vertues.] The Herb is under Venus. The Decoction of the Wood-Sage provoketh Urine and womens Courſes: it also provoketh Sweat, digeſteth Humors, & diſcuſſeth Swellings and Nodes in the Fleſh, and is therefore thought to be good againſt the French Pox. The Decoction of the green Herb made with Wine is a ſafe and ſure Remedy for thoſe who by Falls, Bruiſes or Blows, doubt ſome Vein to be inwardly broken, to diſperſe and avoid the congealed Blood, and to conſolidate the Veins: It is alſo good for ſuch as are inwardly or outwardly Burſten, the Drink uſed inwardly, and the Herb applied outwardly: The ſame uſed in the ſame manner is found to be a ſure Remedy for the Palfie: The Juyc of the Herb, or the Powder thereof dried, is good for moiſt Ulcers and Sores in the Legs or other parts to dry them, and cauſe to heal more ſpeedily: it is no leſſe effectual alſo in green Wounds to be uſed upon any occaſion.

Solomons-Seal.

Description.] **T**He common Solomons Seal riſeth up with a round Stalk about half a yard high, bowing or bending down to the Ground ſet with Single Leaves one above another ſomewhat large and like the Leaves of the Lilly-Convally or May-Lilly, with an eye of blewish upon the green, with ſome Riſs therein, and more yellowiſh underneath. At the foot of every Leaf almoſt from the bottom up to the top of the Stalk come forth ſmall, long, white and hollow pendulous Flowers, ſomewhat like the Flowers of May-Lilly, but ending in five long Points, for the moſt part two together at the end of a long Foot-Stalk, ſometimes but one, and ſometimes alſo two Stalks with Flowers at the foot of Leaf, which are without any ſcent at all, and ſtand all on one ſide of the Stalk after they are paſt, come in their places ſmall round Berries, green at the firſt, and blackiſh green tending to blewneſs when they are ripe, wherein lye ſmall, white hard and ſtony Seed: The Root is of a thickneſs of ones finger, or thumb, white and knobbed in ſome places, a flat round circle repreſenting a Seal, whereof it tooke the name lying alone under the upper Cruſt of the Earth, and not growing downward, but with many Fibres underneath.

Place.] It is frequent in divers places of this Land, as namely in Wood two Miles from Canterbury, by Fiſh-pool Hill; as alſo in a Buſh Cloſe belonging to the Parſonage of Alderbury near Clarendon, two Miles from Salisbury, in Cheſſon Wood, on Cheſſon Hill, between Newington and Sittingburn in Kent, and in divers other places in Eſſex, and other Counties.

Time.] It flowreth about May: The Root abideth and ſhooteth anew every year.

Government and Vertues.] Saturn owns the Plant, for he loves his Bones well. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores to heal and close wounds up the Lips of those that are green, and to dry up and restrain and Sores, the flux of Humors to those that are old: It is singular good to Vomiting, day Vomitings and bleedings wheresoever, as also all Fluxes in and Bleeding, Man or Woman, whether Whites or reds in Women, or the Reins, knitting of the Reins in Man; also to knit any Joynt, which by Fluxes, weakness useth to be often out of place, or will not stay in long Running when it is set: also to knit and joyn broken Bones in any part of the Body, the Roots being bruised and applied to the place; Reins, knit it hath been found by late experience, that the Decoction Joynts of the Root in Wine, or the bruised Root put in Wine or other and broken drink, and after a nights infusion strained forth hard and drunk Bones in hath holpen both Man and Beast whose Bones have been broken Man and by any occasion, which is the most assured refuge of help to Beast, people of divers Countries of the Land, that they can have it: it Ruptures, is no less effectual to help Ruptures and Burstings, the Decoction Bruises in Wine, or the Powder in Broth or drink being inwardly taken and Falls, and outwardly applyed to the Place: The same is also available black and for inward or outward Bruises, Falls or Blows, both to dispel blue be congealed Blood, and to take away both the pains and the Marks, black and blue Marks that abide after the Hurt. The same also or Beautifie the distilled Water of the whole Plant used to the Face or other the Face. part of the skin, cleanseth it from Morpew, Freckles, Spots, or marks whatsoever, leaving the place fresh, fair and lovely, for which purpose it is much used by the Italian Dames.

Sampire.

Script.] Rock Sampire groweth up with a tender green stalk, about half a yard or two foot high at the most, branching forth almost from every bottom, and stored with sundry thick, and almost round, somewhat long leaves, of a deep green colour, sometimes together, and sometimes more on a stalk, and sappy, and of a pleasant hot or spicy taste: at the tops of the stalk and branches stand umbles of white flowers, and after them comes large seed bigger than Fennel-seed, yet somewhat alike. The Root is great, white and long, continuing many years, and is of an hot spicy taste likewise.

Place] It groweth on the Rocks that are often moistned, at the least, if it be over-flown with the Sea-water.

Time.] And it flowreth and seedeth in the end of July and August.

Government and Vertues.] It is an Herb of Jupiter, and was in former times wont to be used more than now it is, the more is the pity; it is well known almost to every Body, That all Digestion and Help Digestions are the Causes of most of the Diseases which the digestion; the Nature of Man is subject to, both which might be remedied

Obstructions, mediated by a more frequent use of this Herb. If people would
provokes have Sawce to their Meat, they may take some for profit as well
urine, ex- as for pleasure. It is a safe Herb very pleasant both to the Taste
pels Gravel and Stomachs, helping Digestion, and in some sort opening the
and the Obstructions of the Liver and Spleen, provoketh Urine, and
Stone. helping thereby to wash away the Gravel and Stone ingendred
 in the Kidneys or Bladder.

Sanicle.

Description.] Ordinary Sanicle sendeth forth many great round Leaves stand-
 ing upon long brownish Stalks, every one somewhat deeply
 cut or divided into five or six parts, and some of those also cut in, somewhat like
 the Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth, and
 of a dark green shining colour, and sometimes reddish about the brims, from a-
 mong which rise up small round green Stalks, without any Joynt or Leaf there-
 on, saving at the top, where it brancheth forth into Flowers having a Leaf di-
 vided into three or four parts at that Joynt with the Flowers, which are small
 and white, starting out of small round greenish yellow Heads, many standing to-
 gether in a Tuft, in which afterward are the Seed contained which are small
 round Burs, somewhat like the Leaves of Cleavers, and stick in the same manner
 upon any thing that they touch: The Root is composed of many black Strings, or
 Fibres set together, at a little long Head, which abideth with the green Leaves
 all the winter, and perish not.

Place.] It is found in many shadowy Woods, and other places of this
 Land.

Time.] It flowreth in June, and the Seed is ripe shortly after.

Government and Virtues.] This is one of Venus her Herbs to Cure ei-
 ther Wounds, or what other mischief Mars inflicted upon the Body of Man.
 It is exceeding good to heal all green Wounds speedily, or any Ulcers, Im-
 posthumes, or Bleedings inwardly: It doth wonderfully help
 Green wounds, help those that have any Tumors in any part of the Body, for it represseth and dissipateth the Humors, if the
 ulcers, Impost- Decoction or Juyce thereof be taken, or the Powder in Wine
 humes, inward Drink and the Juyce used outwardly; for there is not found
 Bleedings, any Herb that can give you such present help either
 Swelling, ulcers Man or Beast when the Disease falleth upon the Lungs
 in the Mouth, Throat, and to heal up all the putrid malignant Ulcers
 Throat and Pri- the Mouth, Throat and Privities, by gargling or washing
 vities, womens with the Decoction of the Leaves and Root, made in Wa-
 Courses, Flu- ters and a little Honey put thereto. It helpeth to stay W
 xes of Blood, mens Courses, and all other Fluxes of Blood either by the
 Lasks, ulcers Mouth, Urine, or Stool, and Lasks of the Belly, the Use
 in the Kidneys, ration of the Kidneys also, and the Pains in the Bowe
 Running of the and Gonorrhæa. or Running of the Reins, being boi
 Reins, Rup- ed in Wine or Water, and drunk: The same also is
 tures.

is powerful to help any Ruptures or Burstings, used both inwardly and outwardly: and briefly, it is effectual in binding, restraining, consolidating, heating, drying and healing, as Comfry, Bugle, Self-heal, or any other of the Confounders, or Vulnerary Herbs whatsoever.

Sarasens Confound, or Sarasens Wound-wort.

Descripr.] This groweth very high sometimes with brownish Stalks, and otherwhiles with green and hollow to a Mans height, having many long and narrow green Leaves snip'd about the edges, somewhat like those of the Peach-Tree, or Willow-Leaves, but not of such a white green colour: The tops of the Stalks are furnished with many pale yellow Star-like Flowers standing in green Heads, which when they are fallen, and the Seed ripe, which is somewhat long, small and of a yellowish brown colour wrapped in Down, is therewith carried away with the wind: The Root is composed of many Strings or Fibres, set together at a Head, which perisheth not in winter, but abideth, although the Stalks dry away and no Leaf appeareth in the winter. The taste hereof is strong, and unpleasant, and so is the smell also.

Place] It groweth in moist and wet Grounds, by Woods-sides, and sometimes in the moist places of the shady Groves as also by the Water-side.

Time.] It flowreth in July, and the Seed is soon ripe and carried away with the Wind.

Government and Vertues.] Saturn owns the Herb, and 'tis of a sober condition like him. Among the Germans, this Wound-Herb is preferred before all others of the same quality. Being boiled in Wine and drunk, it helpeth the indisposition of the Liver, and freeth the Gall from

Obstructions, whereby it is good for the Yellow Jaundice, Obstructions, Yellow Jaundice, Dropsie, Dropsie, and for the Dropie in the beginning of it, for all inward Ulcers of the Reins, or elsewhere, and inward ulcers of the Reins, inward wounds and Bruises; And being steeped in Wine and inward wounds and Bruises, Pains in the Body, as also the Pains of the Mother: And being green wounds, Old Sores or ulcers, ulcers in the Mouth or Throat, Sores in the Throat, Sores in the Privy Parts, Privy Parts, or old Sore or Ulcer whatsoever, clean- Privy Parts, them from Corruption, and quickly healing them

It is, no less effectual for the Ulcers in the Mouth or Throat, be they ever so foul or stinking, by washing and gargling them therewith; and likewise for such Sores as happen in the Privy Parts of Man or Woman, chiefly, whatsoever hath been said of Bugle or Sanicles, may be found here.

The English Physitian Enlarged
Sawce alone or Jack by the Hedge-side.

Descrip.] **T**He lower Leaves of this are rounder than those that grow towards the tops of the Stalks, & are set singly one at a Joynt, being somewhat round & broad, & pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green colour, and not rough or pricking: The flowers are very small and white, growing at the tops of the Stalks one above another, which being past, there follow small and long round Pods, wherein are contained small round Seed somewhat blackish. The Root is stringy & threddy, perishing every year after it hath given Seed, and raiseth it self again of its own sowing. The Plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

Place.] It groweth under Walls, and by Hedge-sides and Path-ways in Fields in many places.

Time.] It flowreth in June, July and August.

Government and Vertues.] It is an Herb of Mercury. This is eaten by many Country-people as Sawce to their salt Fish, and helpeth well to digest the Crudities and other corrupt Humors ingendred thereby; it warmeth also the Stomach, and causeth Digestion: The Juyceth
Helps Digestion, thereof boiled with Honey, is accounted to be as good as
Cough, Tough Hedge Mustard for the Cough, to cut and expectorate the
Flegm, wind- tough Flegm: The Seed bruised and boiled in Wine, is
Cholick, Stone, a singular good Remedy for the Wind-Cholick, or the
ulcers in the Stone, being drunk warm: It is also given to Women troubled
Legs. with the Mother both to drink, and the Seed put into a Cloth and applied while it is warm, is of singular good use. The Leaves also or Seed boiled, is good to be used in Clysters to ease the pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

Winter, and Summer Savory.

BOTH these are so well known, (being entertained as constant Inhabitants in our Gardens) that they need no Description.

Government and Vertues.] Mercury claims the Dominion over this Herb, neither is there a better Remedy against the Cholick and Iliack Passions than this Herb; keep it dry by you all the year if you love your selves and your ease, as 'tis a hundred pound to a penny if you do not: keep it dry, make Conserves and Syrups of it for your use; and withal, take notice that the Summer kind is the best. They are both of them hot and dry especially the Summer kind, which is both sharp and quick in taste, expelling Wind in the Stomach and Bowels, and is a present help for the rising of the Mother procured by Wind, provoketh Urine and Womens Courses, and is much

much commended for Women with Child to take inward- Sight, Singing ly, and to smell often unto. It cureth tough Flegm in the in the Ears and Chest and Lungs, and helpeth to expectorate it the more Deafness, Scia- cally: quickneth the dull Spirits in the Lethargy, the tica, and Palsie, Juyce thereof being snuffed, or cast up into the Nostrils: stinging of Bees, The Juyce dropped into the Eyes, cleareth a dull Sight, if it &c.

proceed of thin cold Humours distilling from the Brain.

The Juyce heated with Oyl of Roses, and dropped into the Ears, easeth them of the Noise and Singing in them, and of the deafness also: outwardly applied with Wheat-flour in manner of a Pultis, it giveth ease to the Sciatica and Palsied Members, heating and warming them: and taketh away their Pains. It also taketh away the Pain that comes of Singing by Bees, Wasps, &c.

Savin.

TO describe a Plant so well known is needless, it being nursed up almost in every Garden, and abiding green all the Winter.

Government and Vertues. It is under the Dominion of Mars, being hot and dry in the thirde degree, and being of exceeding clean parts, is of a very digesting quality. If you dry the Herb into powder, and mix it with Honey, it is an excellent Remedy for Fistulae, Car- to cleanse old filthy Ulcers and Fistulae: but it hinders buncles, Plague- them from healing. The same is excellent good to break Sores, Kings- Carbuncles and Plague-sores; also helpeth the Kings-Evil, Evil, Worms, being applied to the place: being spread upon a piece of Scabs. Itch, Leather, and applied to the Navel, kills the Worms in the Running Sores, Belly; helps Scabs and the Itch, running Sores, Cankers, Cankers, Tet- Tettors and Ring-worms; and being applied to the place, ters, Ring- may happily Cure Venereal Sores. This I thought good to worms, Vene- speak of, as it may safely be used outwardly: for inwardly real Sores. It cannot be taken, without manifest danger.

The common white Saxifrage.

Descript. This hath a few small reddish Rernels of Roots, covered with some Skins lying among divers small blackish Fibres, which send forth divers round, faint, or yellow green Leaves, and grayish underneath, lying above the Ground unevenly dented about the edges, and somewhat hairy, every one upon a little Foot-stalk, from whence riseth up a round brownish hairy green stalk, two in three foot high, with a few such like round Leaves as grow below, but smaller and somewhat branched at the top, whereon stand pretty large white Flowers of five Leaves a piece, with some yellow threads in the Middle, standing in a long twisted brownish green Husk: after the Flowers are past, there ariseth sometimes a round hard Head, forked at the top, wherein is contained small blackish Seed but usually they fall away without any Seed: and it is the Kernels or grains of the Root which are usually called the white Saxifrage-seed, and so used.

Place. It groweth in many places of our Land, as well in the lower, moist

moist, as in the upper dry corners of Meadows, and grassie sandy places : It used to grow near *Lambs Conduit* on the back-side of *Grays-Inn*.

Time.] It flowreth in *May*, and is then gathered as well for that which is called the Seed, as to distil, for it quickly perisheth down to the Ground when any hot weather comes.

Government and Vertues.] It is very effectual to cleanse the Reins and Bladder, and to dissolve the Stone ingendred in them, and to expel it and the Gravel by Urine, to provoke Urine being stopped, and to help the Strangury : for which purposes the Decoction of the Herbs or Roots in white Wine, or the Powder of the small kernelly Root, which is called the Seed, taken in White Wine, or in the same Decoction made with white Wine, is most usual. The distilled Water of the whole Herb, Root and Flowers, is most familiar to be taken: It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Flegm that troubles them. There are not many better Medicines to break the Stone than this.

Burnet Saxifrage.

Descript.] **T**He greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leaves set directly opposit one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green colour. At the tops of the Stalks stand umbles of white Flowers, after which comes small and blackish Seed: The Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour as the former. The umbles of Flowers are white, and the Seed very small, and so is the Root, being also somewhat hot and quick in taste.

Place.] These grow in most Meadows of this Land, and are easie to be found, being well sought for among the Grass, wherein many times they lie hid scarcely to be discerned.

Time.] They flower about *July*, and their Seed is ripe in *August*.

Government and Vertues.] They are both of them Herbs of the Moon. These Saxifrages are as hot as Pepper; and *Tragus* saith, by his Experience, That they are wholsome. They have the same properties that the Parsleys have, but in provoking Urine, and easing the pains hereof, or of the Wind and Cholick, are much more effectual. The Roots or Seed being used either in Powder, or in Decoction, or any other way : and likewise helpeth the windy pains of the Mother, and to procure their Courses, & to break & avoid the Stone in the Kidneys, to digest cold, viscous, and tough Flegm in the Stomach, and is an especial Remedy against all kind of Venome. Castoreum being boiled in the distilled Water hereof, is singular good to be given to those that are troubled

troubled with Cramps and Convulsions, some do use to make the Seed into comfits (as they do Caraway-seed) which is effectual to all the purposes aforesaid. The Juice of the Herb dropped into the most grievous Wounds of the Head, drieth up their moisture, and healeth them quickly. Some Women use the distilled water to take away freckles or Spots in the skin or face: and to drink the same sweetened with Sugar for all the purposes aforesaid.

Scabious, three sorts.

Descrip.] Common Field Scabious groweth up with many hairy, soft, whitish green Leaves, some whereof are but very little, if at all, jagged on the edges, others very much rent and torn on the sides, and have threds in them, which upon the breaking may be plainly seen: from among which rise up divers hairy green stalks three or four foot high; with such like hairy green leaves on them, but more deeply and finely divided; branched forth a little: At the tops thereof, which are naked and bare of Leaves for a good space, stand round heads of flowers of a pale blewish colour, set together in a head, the utter-most whereof are larger then the inward, with many threds also in the middle, somewhat flat at the top, as the head with seed is likewise: the Root is great, white, and thick, growing down deep in the ground, and abideth many years.

There is another sort of Field Scabious different in nothing from the former but only it is smaller in all respects.

The Corn Scabious, different little from the first, but that it is greater in all respects, and the flowers more declining to purple: And the Root crepeth under the upper crust of the Earth, and runneth not deep into the ground as the first doth.

Place.] The first groweth most usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third in standing Corn, or Fallow-fields, and the borders of such like Fields.

Time.] They flower in June and July, and some abide flowering until it be time in August, and the Seed is ripe in the mean time.

There are many other sorts of Scabious, but I take these which I have here described to be most familiar with us: The Vertues both of these and the rest being much alike, take them as followeth.

Government and Vertues.] Mercury owns the Pant. Scabious is very effectual for all sorts of Coughs, shortness of Cough and shortness of Breath, and all other Diseases of the Breast and Lungs, ripeness of Breath, and digesting cold Flegm, and other rough humors, Cold, Flegm, inward ulcers and sending them forth by coughing and spitting: It ripens inward ulcers and also all sorts of inward Ulcers and Impossthumes, Pleurisy, Impossthumes, also, if the decoction of the Herb dry or green be made Pleurisy, Infection Wine or drunk for some time together: four ounces on Carbuncles or the clarified Juice of Scabious taken in the Morning Plague-Sores, fasting

Pains or fasting with a dram of Mithridate, or Venice-Treacle, freeeth
Stitches in the Heart from any Infection of Pestilence, if after the taking
the Side, of it, the party sweat two hours in Bed, and his Medicine be
Scabs, Tet- again and again repeated, if need require. The green Herb
ters, Ring- bruised and applied to any Carbuncle or Plague-fore, is found
worms, by certain Experience to dissolve and break it in three hours
Itch, in- space. The same Decoction also drunk, helpeth the Pains and
ward Stitches in the Sides. The Decoction of the Roots taken for for-
wounds, ty dayes together, or a dram of the Powder of them taken at a
cold Swel- time in Whey, doth (as *Mathiolus* saith) wonderfully help
lings, those that are troubled with running or spreading Scabs, Tet-
shrunk Si- ters, Ring-worms, yea though they proceed from the French-
naws, Pox, which he saith, he hath tryed by Experience. The Juyce
Freckles & or Decoction drunk, helpeth also Scabs and Breakings out of the
Pimples, Itch, and the like. The Juyce, also made up into an Oyntment
Morphew, and used is effectual for the same purpose. The same also help-
and Lepro- eth all inward Wounds by the drying, cleansing and healing
the, Dandrif quality therein. And a Syrup made of the Juyce and Sugar, is
and Scurf, very effectual to all the purposes, aforesaid, and so is the distil-
G led Water of the Herb and Flowers made in due season, especial-
wounds, old ly to be used when the green Herb is not in force to be taken.
Sores and The Decoction of the Herb and Roots outwardly applied, doth
ulcers, wonderfully help all sorts of hard or cold Swellings in any part
Thorns and of the Body, and is as effectual for any shrunk Sinews or Vein,
broken The Juyce of Scabious made, up with the powder of Borax and
Bones, &c. Champhire, cleanseth the skin of the Face or other parts of the
 Body, not only from Freckles and Pimples, but also from Mor-
 phew and Leprosie. The Head washed with the same Decoction, cleanseth
 it from Dandrif, Scurf, Sores, Itch, and the like, being used warm. Tents also
 dipped in the Juyce or Water thereof, not only healeth all green Wounds, but
 old Sores and Ulcers also. The Herb also bruised and applied, doth in short
 time loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow-
 head or other such like thing lying in the Flesh.

Scurvy-grass:

Descrip.] Our ordinary English Scurvy-grass hath many thick fat Leaves,
 more long than broad, and sometimes longer and narrower,
 sometimes also smooth on the edges, and sometimes a little weaved, sometimes
 plain, smooth and pointed, sometimes a little hollow in the middle, and round
 pointed of a sad green, and sometimes a blewish colour, every one standing by it-
 self upon a long Foot-stalk, which is brownish or greenish also; from among which
 rise many slender Stalks, bearing few Leaves thereon like the other, but longer
 and lesser for the most part. At the tops whereof grow many whitish Flowers
 with yellow threads in the middle, standing about a green Head which becometh
 the Seed vessel, which will be somewhat flat when it is ripe, wherein is contain-
 ed reddish Seed tasting somewhat hot. The Root is made of many white Strings
 which

which stick deeply in the mud, wherein it chiefly delights: yet it will well abide in the more apleand and drier Grounds, and tasteth a little brackish or salt, even here, but not so much as where it hath the salt water to feed upon.

Place.] It groweth all along the Thames side, both on the Essex and Kentish shores, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty: the other with round Leaves groweth in the Marshes in Holland, in Lincolnshire, and other places of Lincolnshire by the Sea-side.

Description.] There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which hath divers fresh, green, and almost round Leaves rising from the Root, nothing so thick as the former: yet in some rich ground very large, even twice so big as in others, not dented about the edges, or hollow in the middle, every one standing on a long foot-stalk: from among these rise up divers long, slender, weak stalks, higher than the former, and with more white flowers at the tops of them, which turn into smaller pods, and smaller brownish seed than the former. The Root is white, small and thready. The taste of this is nothing salt at all, but hath an hot aromatical spice taste.

Time.] It flowreth in April and May, and giveth seed ripe quickly after. Government and Vertues.] It is an herb of Jupiter. The English Scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse: but the Dutch Scurvy-grass is of better effect and chiefly used (if it may be had) by those that have the Scurvy, especially to purge and cleanse the Blood, the Liver and the Spleen, for Scurvy, in which Diseases it is of singular good effect, by taking the Liver and Spleen in the Spring every Morning fasting in a cup of drink. Spleen, the Decoction is good for the same purpose, and the herb tuned Flegmatick ed up in new drink, either by it self, or with other things: Humors, for it openeth Obstructions, evacuateth cold, clammy and fleg-foul ulcers, and humors both from the Liver and the Spleen, wasting and sore and consuming both the swelling and hardness thereof, and Mouths, thereby bringing to the Body a more lively colour. The Spots and sores also helpeth all foul Ulcers and Sores in the Mouth, if Scars in the skin be often gargled therewith: and used outwardly, cleanseth the Skin, the skin from spots, marks or scars that happen therein.

Self-heal.

It is called also Prunel, Carpenters Herb, Hook-Heal, and Sicle-wort.

Script.] The common Self-heal is a small, low, creeping Herb, having many small roundish pointed Leaves, somewhat like the Leaves of wild Mints, of a dark green colour, without any dents on the edges: among which rise divers square hairy stalks, scarce a foot high, which sometimes into Branches, with divers small Leaves set thereon, up to the

tops, where stand brown spiked heads, of many small brownish Leaves like scalls and flowers set together almost like the head of Cassidony, which Flowers are gaping, and of a bluish purple, or more pale blew, in some places sweet, but not so in others. The Root consists of many strings or Fibres downward, and spreadeth strings also whereby it encreaseth. The small stalks with the Leaves creeping upon the ground, shoot forth Fibres taking hold on the ground, whereby it is made a great tuft in short time.

Place.] It is found in Woods and Fields every where.

Time.] It flowreth in May, and sometimes in April.

Government and Vertues.] Here is another Herb of Venus, Self-heal, whereby when you are hurt, you may heal your self; 'tis a special Herb for inward and outward Wounds, Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As Self-heal is like Bugle in form, so also in the Qualities and Vertues, serving for all the purposes whereto Bugle is applied with good success.

Inward either inwardly or outwardly, for inward Wounds or Ulcers *Wound's* and wheresoever within the Body, for bruises and falls, and such *ulcers, Brui-* like hurts, If it be accompanied with Bugle, Sanicle, and o- *ses, Flux of* ther the like Wounds Herbs, it will be more effectual, and *Blood foul* to wash or to inject into Ulcers in the parts outwardly where *Sores, green* there is cause to repress the heat and sharpness of humors *wounds, head* flowing to any sore Ulcers, Inflammations, Swellings, or the *ach, sores in* like; or to stay the Flux of Blood in any Wound or part: this *the Mouth or* is used with good success; as also to cleanse the foulness of *Throat, and* Sores, and cause them more speedily to be healed. It is an e- *secrēt parts.* special Remedy for all green Wounds to sodder the Lips of them, and to keep the place from any further inconveniencies.

The Juyce hereof used with Oyl of Roses to anoint the Temples and Forehead is very effectual to remove the Head-ach, and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat, and those also in the secret parts. And the Proverb of the Germans, French and others, is verified in this, *That he needeth neither Physitian nor Chyrurgion that hath Self heal and Sanicle to help himself.*

The Service-Tree.

IT is so well known in the place where it grows, that it needeth no Description.

Time.] It flowreth before the end of May, and the Fruit is ripe in October.

Government and Vertues.] *Services* when they are mellow are fit to be taken to stay Fluxes, Scouring, and Casting: yet less than Medlers. If they be dried before they be mellow, and kept all the year, they may be used in Decoction for the said purpose, either to drink or to bathe the parts requiring it: and is profitably used in that manner to stay the bleeding of Wounds, and at the Mouth or Nose.

Nose : to be applied to the Fore-head and Nape of the Neck : and is under the Dominion of *Saturn*.

Sheperds-purse.

[It is also called Whoremans-Permacity, Shepheards-Script, Shepheards-Pouch, Toy-wort, Pick-purse, and Case-weed.

Description.] The Root is small, white, and perisheth every year. The Leaves are small and long, of a pale green colour, and deeply cut in on both sides, amongst which springeth up a stalk which is small & round, containing small Leaves up to the top. The flowers are white, and very small : after which come the little cases which hold the Seed, which are flat, almost in the form of a Heart.

Place.] They are frequent in this Nation, almost by every Paths-side.

Time.] They flower all the Summer long, nay, some of them are so fruitful, that they flower twice a year.

Government and Vertues.] It is under the Dominion of *Saturn*, and of a cold and dry, and binding Nature like to him. It helps all fluxes of Blood either caused by inward or outward Wounds; Stops fluxes, flux is also Flux of the Belly and Bloody-flux, spitting and piss of the Belly, spitting of Blood, stops the Terms in Women ; being bound to ting, and pissing the wrists of the hands, and the soles of the Feet, it helps the blood, Terms Yellow Jaundice. The Herb being made into a Pulvis, helps stops, Yellow Inflammations, and St *Antonies* fire. The Juyce being Jaundice, pains, dropped into the Ears, helps the pains, noises and matter- noise, & matterings thereof. A good Oyntment may be made of it for all ings in the Ears, Wounds, especially Wounds in the head. wounds.

Smallage.

This is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

Place.] It groweth naturally in wet and Marsh Grounds ; but if it be sown in Gardens, it there prospereth very well.

Time.] It abideth green all the Winter, and seedeth in *August*.

Government and Vertues.] It is an *Perb* of *Mercury*. Smallage is hotter, dryer, and much more Medicinable than Parsley, for it much more openeth obstructions of the Liver and Spleen, rarifieth thick Flegm, and cleanseth it and the Blood withal. It provoketh Urine Liver & Spleen, and Womens Courses, and is singular good against the urine, and Womens Courses, Yellow Jaundice. It is very effectual against Tertian and mens Courses, Quartan Agues, if the Juyce thereof be taken ; but especially yellow Jaundice, made up into a Syrup. The Juyce also put to honey Agues, sore of Roses, and Barly-water, is very good to gargle the Mouths and Mouth and Throat of those that have Sores and Ulcers in Throats, ulcers them, and will quickly heal them. The same Lotion also and Cankers, cleanseth and healeth all other foul Ulcers and Cankers wind, worms.

Stinking breath. else-where if they be washed therewith. The seed is especially used to break and expel wind, to kill Worms, and to help a stinking breath. The Root is effectual to all the purposes aforesaid, and is held to be stronger in Operation than the Herb, but especially to open Obstructions and to rid away any Ague, if the Juyc thereof be taken in Wine, or the Decoction thereof in Wine be used.

Sope-wort, or Bruise-wort.

Descrip.] **T**He Root creepeth under ground far and near, with many Joynts therein, of a brown colour on the outside, and yellowish within, shooting forth in divers places many weak round stalks, full of Joynts, set with two Leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantain, and fashioned like the common Field white Campian Leaves, seldome having any branches from the sides of the Stalks, but set with divers Flowers at the top standing in long husks like the wild Campions, made of five Leaves apiece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, sometimes paler, of a reasonable good scent.

Place.] It groweth wild in many low and wet Grounds of this Land, by the Brooks and sides of running Waters.

Time.] It flowreth usually in July, and so continueth all August, and part of September, before they be quite spent.

Government and Vertues.] Venus owns it. The Country people in divers places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut to heal them up again. Some make great boast thereof, that it is Diuretical to provoke Urine, and thereby to expel Gravel and the stone in the Reins or Kidneys, and do also account it singular good to avoid the Hydropical Waters, thereby to Cure the Disease of the Dropsie. And they no less extol it to perform an absolute Cure in the French-Pox more than either Sarsaparilla, Guajacum, or China can do, which how true it is, I leave others to judge.

Sorrel.

Our ordinary Sorrel which groweth in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

Government and Vertues.] It is under the Dominion of Venus. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and heat of Blood in Agues, Pestilential or Cholerick, or Sicknes and Fainting, rising from heat, and to refresh the over spent Spirits with the Violence of Furious or Fiery Agues, quench Thirst, provoke fainting or decayed Stomachs: for it resisteth the putrefaction of the Blood, killeth Worms, and is a Cordial to the Heart, which the Seed doth more effectually, being more

more drying and binding, and thereby stayeth the hot Fluxes *Courses,* of Womens Courses, or of humors in the Bloody-flux, or flux *Fluxes,* of the Stomach. The Roots also in a Decoction, or in Powder, *Poyson,* is effectual for all the said purposes. Both Roots and Seed as *Faundice,* well as the Herb, his held powerful to resist the Poyson of the *Inward* Scorpion. The Decoction of the Roots is taken to help the *cers, Itch,* Jaundice, and to expel Gravel and the Stone in the Reins or *Tetters and* Kidneys. The Decoction of the Flowers made with Wine and *ringworms,* drunk, helpeth the Black Jaundice, as also the inward Ulcers *Kernels in* of the Body or Bowels. A Syrup made with the Juyce of Sor- *the Throat,* rel and Fumitory, is a Sovereign help to kill those sharp hu- *fore mouth,* mors that cause the Itch. The Juyce thereof with a little Vi- *Imposthume,* negar serveth well to be used outwardly for the same cause, *Boyl or* and is also profitable for Tetters, Ring-worms, &c. It helpeth *Plague sore.* also to discuss the Kernels in the throat, and the Juyce gargled in the Mouth, helpeth the Sores therein. The Leaves wrapped up in a Colewort Leaf, and roasted under the Embers, and applied to a hard Impost- hume, Borch, Boyl, or Plague-fore, do both ripen and break it. The distilled Water of the Herb is of much good use for all the purposes aforesaid.

Wood-Sorrel.

Descrip.] **T**His groweth low upon the ground, having a number of Leaves coming from the Root, made of three Leaves like a Trefoyl, but broad at the ends, and cut in the middle, of a faint yellowish green colour, every one standing on a long foot stalk, which at their first coming up, are close folded together to the stalk, but opening themselves afterwards, and are of a fine four ribb; and yielding a Juyce which will turn red when it is clarified, and maketh a most dainty clear Syrup. Among these Leaves rise up divers slender, weak foot stalks, with every one of them a Flower at the top, consisting of five small pointed Leaves Star fashion, of a white colour in most places, and in some dash'd over with a small shew of a blewish on the back side only. After the flowers are past, follow small round Heads, with small yellowish Seed in them. The Roots are nothing but small strings fastned to the end of a small long piece, all of them being of a yellowish colour.

Place.] It groweth in many places of our Land, in Woods and Wood- sides, where they be moist and shadowed, and in other places, not too much open to the Sun.

Time.] It flowreth in April and May.

Government and Vertues.] Venus owns it. Wood-sorrel serveth to all the purposes that the other Sorrels do, and is more effectual in hindering the putrification of Blood, and Ulcers in the mouth and *ulcers, Infla-* Body, and in cooling and tempering heats and Inflammations, *pro-* ons, to quench Thirst, to strengthen a weak Stomach, to pro- *cure appetite.* cure an Appetite, to stay Vomiting, and is very excellent in any

Pestilential any contagious sickness, or pestilential Feavers. The Syrup **Feavers**, hot made of the Juyce is effectual in all the cases aforesaid, and so **Swellings**, is the Distilled Water of the Herb also. Spunges or Linnen **Canker** or Cloaths wet in the Juyce, and applied outwardly to any hot **ulcer in the** Swellings or Inflammations, doth much cool and help them. **Mouth**, The same Juyce taken, and gargled in the Mouth, and after it **wounds or** is spit forth, fresh taken, doth wonderfully help a foul stinking **Scabs**, De-Canker or Ulcers therein. It is singular good in Wounds, **fluxions**. Thrusts and Strabs in the Body, to stay bleeding, and to cleanse and heal the Wounds speedily; and helpeth to stay any hot De-fluxions into the Throat or Lungs.

Sow-Thistles.

Sow-Thistles are generally so well known, that they need no Description. **Place.** They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-ways.

Government and Vertues. This and the former are under the Influence of *Venus*. Sow-Thistles are cooling and somewhat binding, and

Pains and are very fit to cool an hot stomach, and to ease the gnawing **beat of the** pains thereof. The herb boiled in Wine is very helpful to stay the **Stomach**, dissolution of the Stomach; and the milk that is taken from **short wind** the stalks when they are broken, given in drink, is beneficial to **and white-** those that are short-winded, and have a Wheefing withal. *Pliny* **sing, Gravel** saith, That it hath caused the Gravel and Stone to be voided **and Stone**, by Urine, and that the eating thereof helpeth a stinking breath. **stinking** Three spoonfuls of the Juyce thereof taken in white wine warmed, and some Oyl put thereto, causeth Women in Travel to **speedy De-** have so easie and speedy Delivery, that they may be able to **livery**, walk presently after. The said Juyce taken in warm drink, hel- **Strangury**, peth the Strangury and pains in making water. The Decoction **Milk in-** of the Leaves and stalks, causeth abundance of Milk in Nurses, and **creased,** their Children to be well coloured, and is good for those whose **deafness &** Milk doth curdle in their Breasts. The Juyce boiled or through- **singing in** ly heated with a little Oyl of bitter Almonds in the Peel of **the Ears, In-** a Pomegranate, and dropped into the Ears, is a sure Remedy **flamed Eyes**, for Deafness, Singings, and all other Diseases in them. The Herb **wheals** bruised or the Juyce, is profitably applied to all hot Inflammations in the Eyes, or wheresoever else, and for Wheals, Blisters, **and** or other the like Eruptions or heat in the Skin: as also for the **Blisters**, heat and itching of the Hemorrhoids, and the heat and sharp- **Hemor-** ness of Humors in the secret parts of Man or Woman. The dis- **rhoids,** tilled water of the herb is not only effectual for all the Diseases **clear the** aforesaid to be taken inwardly with a little Sugar (which Me- **Face.** dicine the daintiest stomach will not refuse) but outwardly, by

applying Cloaths or Spunges wetted therein. It is wonderful good for women to wash their Faces therewith, to clear the skin, and give a lustre thereto.

Southernwood.

Southernwood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof.

Time.] It flowreth for the most part in *July* and *August*.

Government and Vertues.] It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the seed bruised, heated in warm water and drunk, helpeth those that are Bursten

or troubled with Cramps or Convulsions of the Sinews, *Bursten, Cramps,* the Sciatica, or difficulty in making Water, and bringeth and Convulsions, down Womens Courses, The same taken in Wine is an Anti-Sciatica, straddore, or Counter-Poyson against all deadly Poyson, and gury, womens driveth away Serpents, and other Venomous Creatures: courses, Poyas also the smell of the Herb being burnt, doth the same. *sous, Agues, In-* The Oyl thereof anointed on the back-Bone before the flamed Eyes, Fits of Agues come, taketh them away: it taketh away Pimples, Pushes Inflammation of the Eyes, if it be put with some part of and wheals, a roasted Quince, and boiled with a few crums of bread worms, *Spin-* and applied. Boiled with Barly-meal it taketh away Pim- ters and Thorns, ples, Pushes or Wheals that arise in the Face or other parts old ulcers, sores of the Body. The seed as well as the dried Herb is often in the Privities, given to kill the Worms in Children: The Herb bruised baldness, French- and laid to, helpeth to draw forth splinters and thorns out *Pox, Stone,* of the Flesh. The ashes thereof drieth up and healeth old *Spleen* and Ulcers that are without Inflammation, although by the *Mother.*

Sharpness thereof it biteth sore, and putteth them to sore pains; as also the Sores in the privy parts of Man or Woman. The ashes mingled with old Salid Oyl, helpeth those that have hair fallen, and are bald, causing the hair to grow again either on the head or beard. *Durantes* saith, That the Oyls made of Southernwood, and amongput the Oyntments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled water of the herb is said to help them much that are troubled with the Stone, as also for the Diseases of the Spleen and Mother. The *Germans* commend it for a singular wound-herb, and therefore call it *Stabwort*. It is held by all Writers, Ancient and Modern, to be more offensive to the Stomach than Wormwood.

Spignel.

Description.] **T**He Roots of common Spignel do spread much and deep in the Ground, many strings or branches growing from one Head, which is hairy at the top, of a blackish brown colour on the out-side, and white within, smelling well, and of an Aromatical taste, from whence rise sundry long stalks of most fine cut Leaves like hairs, smaller then Dill, sit thick on both sides of the stalks, and of a good scent. Among these Leaves rise

Rise up round stiff stalks, with few Joynts and leaves at them, and at the tops an umble of fine pure white Flowers. At the edges whereof some times will be seen a shew of reddish blewish colour, especially before they be full blown, and are succeeded by small somewhat round seed, bigger than the ordinary Fennel, and of a brown colour, divided into two parts, and crested on the back, as most of the umbelliferous seeds are.

Place.] It groweth wild in Lancashire, Yorkshire, and other Northern Countreys, and is also planted in Gardens.

Government and Vertues.] It is an Herb of Venus. Galen Provoke urine, saith, The Roots of Spignel are available to provoke Urine, and Womens and Womens Courses, but if too much thereof be taken Courses, Stran- it causeth Head-ach: The Roots boyled in Wine or Wa- gury, pain in- bet- and drunk, helpeth the Strangury, and stoppings of Stomach, Mo- the Urine, the Wind, swellings and pains in the Stomach, ther, Joynt- pains of the Mother, and all Joynt-Aches. If the Powder aches, Tough of the Roots be mixed with Honey, and the same taken as Flegm, Veno- a licking Medicine, it breaketh tough Flegm, and dryeth mous Creatures. up the Rheum that falleth on the Lungs. The Roots are ac- counted very effectual against the stinging or biting of any Venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes for the same.

Spleen-wort, or Ceterach.

Descript.] THE smooth Spleen-wort from a black, threddy, and Bushy root sendeth forth many long single Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polipody, each division being not alwayes set opposite unto the other, cut between each, smooth and of a light green on the upper side, and a dark yellowish roughness on the back, folding or rowling it self inward at the first springing up.

Place.] It groweth as well upon Stone Walls as moist and shadowy places about Bristol, and other the West parts plentifully; as also on Farmingham, Castle, on Beconsfield Church in Berk-shire, at Strowde in Kent, and elsewhere and abideth green all the Winter.

Government and Vertues.] Saturn owns it. It is generally used against infirmities of the Spleen, it helpeth the Strangury, and walk- Spleen, Strangu- eth the Stone in the bladder, and is good against the yellow- ry, Stone, yellow Jaundice and the Hiccough; but the Juyce of it in Women Jaundice, Run- hindreth conception. Mathiolus saith, That if a dram of the dust that is on the back-side of the Leaves, be mixed Reins, Melan- with half a dram of Amber in Powder and taken with the choly Diseases, Juyce of Purslane or Plantane, it helps the running of the Reins speedily, and that the Herb and Root being boyled and taken, helpeth all Melancholy Diseases, and those especially that arise from the French Disease. Camerarius saith, That the Distilled Wa- ter thereof being drunk, is very effectual against the stone in the Reins and

and Bladder: and that the Lye that is made of the Ashes thereof being drunk for some time together, helpeth splenetick persons: It is used in outward Remedies for the same purpose.

Star-Thistle.

Descript.] A Common Star-Thistle hath divers long and narrow Leaves lying next the Ground, cut or torn on the edges somewhat deeply, into many almost even parts, soft or a little woolly all over the green, among which rise up divers weak Stalks parted into many Branches, all lying or leaning down to the Ground, that it seemeth a pretty Bush, set with divers the like divided Leaves up to the tops, where severally do stand long and small whitish green Heads, set with sharp and long white prickles (no part of the Plant being else prickly) which are somewhat yellowish: out of the middle whereof riseth the Flower composed of many small reddish purple threds; and in the Heads after the Flowers are past, come small whitish round seed lying down as others do. The Root is small, long and woody, perishing every year, and rising again of its own sowing.

Place.] It groweth wild in the Fields about London in many places, as at Mile-end-Green, in Finsbury-Fields beyond the Wind-Mills, and many other places.

Time.] It flowreth early, and seedeth in July, and sometimes in August.
Government and Vertues.] This, as almost all Thistles, are under Mars. The Seed of this Star-Thistle made into Powder, and drunk in Wine, provoketh Urine, and help- Stone, Plague, eth to break the Stone, and driveth it forth. The Root in Fistula, French Powder and given in Wine and drunk, is good against the Pox, Obstruction, Plague or Pestilence, and drunk in the morning fasting for ons, Agues, some time together, is very profitable for a Fistula in any part of the Body. Baptista Sardus doth much commend the distilled Water hereof being drunk, to help the French Disease, to open Obstructions of the Liver, and cleanse the Blood from corrupted Humors, and is profitably given against Quotidian or Tertian Agues.

Straw-berries.

These are so well known through this Land, that they need no Description.

Time.] They flower in May ordinarily, and the Fruit is ripe shortly after.

Government and Vertues.] Venus owns the Herb. Straw-berries when they are green, are cold and dry, but when Cool the Liver they are ripe they are cold and moist: the Berries are excellent good to cool the Liver, the Blood and the Spleen, mach, Quench or an hot cholerick Stomach; to refresh and comfort the Thirst, inflaming Spirits, and quench Thirst: they are good also for other inflammations, yet it is not amiss to refrain Urine, far from

the Bloody from them in a Feaver, left by their putrifying in the Stomach flux, and they encrease the Fits. The Leaves and Roots boiled in Wine, Womens and Water and drunk, do likewise cool the Liver and Blood, Courfes, and assuage all Inflammations in the Reins and Bladder, preventing of voke Urine, and allay the Heat and sharpness thereof. The the Heart, same also being drunk, stayeth the Bloody-flux, and Womens Yellow Courfes, and help the Swellings of the Spleen. The Water of Jaundice: the Berries carefully Distilled, is a Sovereign Remedy and Ulcers, sore Cordial in the panting and beating of the Heart, and is good Mouths, for the Yellow Jaundice. The Juyce dropped into foul Ulcers, or ulcers or they washed therewith, or the Decoction of the Herb and the Pri- Root doth wonderfully cleanse and help to Cure them. Lo- vices, loose tions and Gargles for sore Mouths, or Ulcers therein, or in Teeth, Ca- the Privy parts, or else-where, are made with the Leaves and z. rrrbs, De- Roots thereof; which is also good to fasten loose Teeth, and fluxions, to heal spongy foul Gums. It helpeth also to stay Catarrhs z. nstamed or Defluxions of Rhewm into the Mouth, Throat, Teeth or E yes, Eyes. The Juyce or Water is singular good for hot and red in- P ushes and flamed Eyes, if dropped into them, or they bathed therewith. n wheales, It is also of excellent property for all Pusches, Wheals, and red Face, other breakings forth of hot and sharp Humors in the Face and d rformities Hands, or other parts of the Body to bath them therewith; and in the skin, to take away any redness in the Face, or Spots, or other De- F ilms over formities in the Skin, and to make it clear and smooth. Some t be Eyes. use this Medicine; Take so many Straw-berries as you shall think fitting, and put them into a Distillatory or Body of (ilas fit for them, which being well closed, set it in a Bed of Horse-dung f or your use. It is an excellent Water for hot inflamed Eyes, and to take a- way any film or skin that beginneth to grow over them, and for such other d effects in them as may be helped by any outward Medicine.

Succory.

Descrip.] **T**He Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the edges, and the Root abideth many years. It beareth also blue Flowers like Endive, and the Seed is hardly distinguished from the Seed of the smooth or ordinary Endive.

The Wild Succory hath divers long Leaves lying on the Ground, very much cut in or torn on the edges, on both sides even to the Middle Rib ending in a point, sometimes it hath a red Rib down the middle of the Leaves, from among which riseth up a hard, round, woody Stalk, spreading into many Branches; set with smaller and lesser divided Leaves on them up to the Tops, where stand the Flowers which are like the Garden kind, as the Seed is also (onely take notice that the Flowers of the Garden kind are gone in one Sunny day, they being so cold, that they are not able to endure the beams of the Sun, and therefore most delight in the shadow.) The Root is white, but more hard and woody than the Garden kind. The whole Plant is exceeding bitter.

Place.]

Place.] This groweth in many places of our Land ; in waste, untilld and barren Fields. The other only in Gardens.

Government and Vertues.] It is an Herb of *Jupiter*. Garden Succory, as it is more dry, and less cold than Endive, so it openeth more. An handful of the Leaves or Roots boiled in Wine *Cholerick* and *Fleg-* or Water, and a draught thereof drunk fasting driveth *matick Humors*, Ob- forth *Cholerick* and *Flegmatick Humors*, openeth *Obstru- structions*, *Yellow* tions of the Liver, Gall and Spleen ; helpeth the yellow *Jaundice*, *hot Reins* Jaundice, the Heat of the Reins, and of the Urine ; the and *urine*, *Dropsie*, Dropsie also, and those that have an evil disposition in *Agues*, *Passions* of their Bodies, by reason of long sickness, evil diet &c. the Heart, Head- which the Greeks call *Kαχέξια*, *Cachexia*. A Decoction ach, *Swellings* and thereof made with the Wine and drunk, is very effectual *Inflammations*, *St.* against long lingring *Agues* ; and a dr am of the Seed in *Anthony's-Fire*, Powder drunk in Wine before the Fit of the Ague, help- *Pushes*, *Wheals* and eth to drive it away. The distilled Water of the Herb and *Pimples*, *Inflamed* Flowers (if you can take them in time) hath the proper- *Eyes*, *too much Milk*- ties, and is especial good for hot Stomachs, and in *A-* gues, either *Pestilential*, or of long continuance, for *Swoonings* and *Passions* of the Heart, for the Heat and Head-ach in Child en, and to the Blood and Liver. The said Water, or the Juyce, or the bruised Leaves applied outwardly, allay *Swellings*, *Inflammations*, *St. Anthony's-fire*, *Pushes*, *Wheals* and *Pimples*, especially used with a little Vinegar ; as also to wash *pesti-* ferous Sores. The said Water is very effectual for sore *Eyes* that are *Inflamed* with redness, and for *Nurses Breasts* that are pained by the abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, or Small Houfleeck.

Descript.] It groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish green Leaves, pointed at the ends. The Flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under Ground.

Place.] It groweth upon the Stone-walls, and Mud-walls, upon the Tiles of Houses and Pent-Houses, and amongst Rubbish, and in other gravelly places.

Time.] It flowreth in June and July, and the Leaves are green all the Winter.

Government and Vertues.] It is under the Dominion of the Moon, cold in quality, and something binding, and therefore very good to stop *Defluxions*, especially such as fall upon the Eyes. It *binds*, *stay* *De-* cays *Bleeding* both inward and outward, helps *Cankers* *fluxions*, *Bleed-* and

ding Stops, Cankers, and all fretting Sores and Ulcers; it abates the Heat of Sores, *Ulcers, Chol-* Cholera, thereby preventing Diseases thence arising from *ter, Cholerick Hu-* cholerick Humors: It expels Poysons much, resisteth pe-
mors, Poyson, Pesti- stilential Feavers, being exceeding good also for Tertian
lent Feavers, Terti- Agues, you may drink the Decoction of it if you please
an Agues, Kings- for all the fore-going Infirmities: It is so harmless an
Evil, Knots and Herb, you can scarce use it amiss; being bruised and ap-
Kernels in the plied to the place it helps the Kings-Evil, and any other
Flesh, Piles. Knots or Kernels in the Flesh; as also the Piles.

English Tobacco.

Descrip.] **T**His riseth up with a thick round Stalk about two foot high, whereon do grow thick, flat green Leaves, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges: The Stalk brancheth forth, and beareth at the tops divers Flowers sit on green Husks, like the other, but nothing so large; scarce standing about the brims of the Husks, round pointed also, and of a greenish yellow colour. The Seed that followeth is not so bright, but larger, contained in the like great heads. The Roots are neither so great nor woody, and perishing every year with the hard Frosts in winter, but riseth generally of its own sowing.

Place.] This came from some parts of *Brasile*, as is thought, and is more familiar in our Countrey than any of the other sorts; early giving ripe Seed, which the other seldome do.

Time.] It flowreth from *June*, sometimes to the end of *August*, or later, and the Seed ripeneth in the mean time.

Government and Vertues.] It is a Martial Plant. It is found by good experience to be available to expectorate rough Hlegm from the Stomach, Chest and Lungs. The Juyce thereof made into a Syrup, or the distilled water of the Herb drunk with some Sugar, or without if you will, or the smoake taken by a Pipe as is usual, but fasting; the same helpeth to expel Worms in the Stomach and Belly, and to ease the pains in the Head, or Meagrim, and the griping pains in the Bowels: It is profitable, for those that are troubled with the Stone in the Kidneys, both to ease Pains, by provoking Urine, and to expel Gravel and the Stone ingendred therein, and hath been found very effectual to expel windiness, and other Humors which cause the strangling of the Mother. The Seed hereof is very effectual to expel the Tooth-ach, and the ashes of the burnt Herb, to cleanse the Gums, and make the Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil, helpeth it in nine or ten dayes effectually. *Manardus* saith, It is a Counter-Poyson against the biting of any Venomous Creature.

Toxick Flegm, Worms, Meagrim, Pains in the Bowels, Gravel and Stone, Wind, Mother, Tooth-ach, Kings-Evil, Venomous Creatures, Ague, Cramps & Aches, Sciatick, Itch, Scabs and ulcers, Cankers & foul Sores, Lice, fresh Wounds & Sores, Imposi humes and hard Swel-

Creatures ; the Herb also being outwardly applied to the hurt place. The distilled Water is often given with some Sugar before the fit of an Ague to lessen it, and take it away in three or four times using. If the distilled Feces of the Herb having been bruised before the Distillation, and not distilled dry, be set in warm Dung for fourteen dayes, and afterwards hung up in a Bag in a Wine Celler ; the Liquor that distilleth there from, is singular good to use for Cramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs and running Ulcers, Cankers and foul Sores whatsoever. The Juyce is also good for all the said griefs, and likewise to kill Lice in Childrens Heads. The green Herb bruised and applied to any green wound, cureth any fresh wound or cut whatsoever : and the Juyce put into old Sores, both cleanseth and healeth them. There is also made hereof, a singular good Salve to help Imposthumes, hard Tumors and other Swellings by Blows or Falls.

The Tamarisk Tree.

It is so well known in the places where it grows, that it needeth no Description.

Time. It bloweth about the end of May, or in June, and the Seed is ripe and blown away in the beginning of September.

Government and Vertues. As gallant a Saturnine Herb it is, If the Root, Leaves or young Branches be boiled in Wine or Vinegar, and drunk, and applied outwardly, it is very powerful against the hardness of the Spleen. The Leaves boiled in Wine and drunk, is good to stay the Bleeding of the Hemorrhodial Veins, the spitting of Blood, and Womens bounding Courses, and helpeth the Jaundice, the Cholick and the biting of all Venomous Serpents, except the Asp. The Bark is as effectual, if not more to all the purposes aforesaid, and both it and the Leaves boiled in wine, and the Mouth and the Teeth washed there with helpeth the Tooth-ach ; being dropped into the Ears easeth the pains, and is good for the redness and watering of the Eyes : The said Decoction with some Honey put thereto, is good to stay Grangreens and fretting Ulcers, and to wash those that are Subject to Nits and Lice. The VVood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans made thereof, is good for Splenerick persons. The ashes of the Wood are used for all the purposes aforesaid ; and besides, doth quickly help the Blisters raised by Burnings or Scaldings by Fire and Water. *Alpinus* and *Veslingus* do affirm, That the *Egyptians* do with as good success use the Wood hereof to cure the French Disease, as others do *Lignum Vita* or *Guaiaacum* ; and give it also to such as are possessed with Leprosie, Scabs, Pusles, Ulcers or the like ; and is available also to help the Dropsie, arising from the hardness and obstruction of the Spleen, as also for Melancholy, and the black Jaundice that ariseth thereof.

Garden-Tansie.

Garden Tansie is so well known, that it needeth no Description.
Time.] It flowreth in June and July.

Government and Vertues.] Dame Venus was minded to pleasure Women with Child by this Herb, for there grows not an Herb fitter for their uses than this is; it is just as though it were cut out for the purpose; The Herb bruised and applied to the Navel stays Miscarriages, I know no Herb like it for that use: Boiled in ordinary Beer, and the Decoction drunk doth the like, and if her Womb be not as she would have it, This Decoction will make it as she would have it, or at least as she should have it: Let those Women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also, it consumes the Flegmatick Humors, the cold and moist constitution of Winter most usually infects the Body of Man with, and that was the first reason of eating Tansies in the Spring; at last the World being over-run with Popery, a Monster called Superstition perks up his Head, and as a just Judgment of God, obscures the bright Beams of Knowledge by his dismal looks, (Physitians seeing the Pope and his Imps selfish, they began to do so too) and now forsooth Tansies must be eaten only on Palm and Easter Sundayes, and their neighbour dayes: At last Superstition being too hot to hold, and the selfishness of Physicians walking in the Clouds; after the Fryers and Monks had made the people Ignorant, the Superstition of the time was found out, but the Vertue of the Herb hidden, and now 'tis almost, if not altogether, left off. Surely our Physicians are beholding to none so much as they are to Monks and Fryers; for want of eating this Herb in Spring, maketh people sickly in Summer; and that makes work for the Physitian. If it be against any Man or Womans Conscience to eat a Tansie in the Spring, I am as unwilling to burthen their Consciences, as I am that they should burthen mine: They may boyl it in Wine, and drink the Decoction, it will work the same effect. The Decoction of the common Tansie, or the Juyce drunk in Wine, is a singular Remedy for all the Grievs that come by stopping of the Urine, help-
Dysury, Strangury, eth the Strangury and those that have weak Reins and Reins, Kidneys, Kidneys: It is also very profitable to dissolve and expel wind, womb, Mis- Wind in the Stomach, Belly or Bowels, to procure Women's Courses, and expel windiness in the Matrix, if it be bruised and often smelled unto, as also applied to the lower part of the Belly. It is also very profitable for such
Stomach, Worms, Cramps.

Women as are given to Miscarry in Child-bearing, to cause them to go out their full time: It is used also against the Stone in the Reins, especially to Men. The Herb fryed with Eggs (as is accustomed in the Spring time) which is called a Tansie, helpeth to Digest, and carry downward those bad Humors that trouble the Stomach: The Seed is very profitably given to Children for the Worms, and the Juyce in Drink is as effectual. Being boiled in Oyl, it is good for the Sinews shrunk by Cramps, or pained with cold, if thereto applied.

wild

Wild Tanfic. or Silver-Weed.

THIS is also so well known that it needeth no Description.

Place.] It groweth almost in every place.

Time.] It flowreth in *June* and *July*.

Government and Vertues.] Now Dame *Venus* hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty; and what more can be expected of her? What now remains for you but to love your Husbands, and not to be wanting to your poor Neighbours! Wild Tanfic stayeth the Lask, and all the Fluxes of Blood in Men or women, which some say it will do if *Flux, Terms*, the green Herb be worn in the shoes, so it be next the Skin; stops Vomiting, and 'tis true enough that it will stop the Terms if worn so, of Blood, Whites, and the Whites too, for ought I know. It stayeth also spit-Ruptures, Belly ting or Vomiting of Blood. The Powder of the dried Herb ach, *Sciatica*, taken in some of the distilled Water, helpeth the Whites in Joynts, Tooth-women, but more especially if a little Coral and Ivory in ach, Loose Teeth, Powder be put to it: It is also much commended to help Gums, ulcers Children that are Bursten, and have a Rupture, being boiled in the Mouth, ed in water and Salt. Being boiled in wine and drunk, it wounds, sore, easeth the griping pains of the Bowels, and is good for the Legs, Pimples, *Sciatica* and Joynt-aches. The same boiled in Vinegar, Freckles, Sun-with Honey and Allum, and gargled in the Mouth, easeth burning, the pains of the Tooth-ach, fastneth loose Teeth, helpeth the Gums that are sore, and setleth the Palate of the Mouth in its place when it is fallen down: it cleanseth and healeth the Ulcers in the Mouth or secret Parts, and is very good for inward wounds, and to close the Lips of green wounds: as also to heal old, moist, corrupt running Sores in the Legs or elsewhere: Being bruised and applied to the Soles of the Feet, and Handwrists it wonderfully cooleth the hot fits of Agues, be they never so violent. The distilled water cleanseth the skin of all discolourings therein, as Morphew, Sun-burning, &c. as also Pimples, Freckles, and the like; and dropped into the Eyes or Cloaths wet therein and applied, taketh away the Heat and Inflammations in them.

Thistles.

OF these are many kinds growing here in *England*, which are so well known, that they need no Description: Their difference is easily known by the Places where they grow: viz.

Place.] Some grow in Fields, some in Meadows, and some among the Corn: others on Heaths, Greens and waste Grounds in many places.

Time.] They all flower in *June* and *August*, and their Seed is ripe quickly after.

Government and Vertues.] Sure *Mars* rules it, it is such a prickly business. All these Thistles are good to provoke Urine, and to amend the stinking smell thereof; as also the rank smell of the Dysury.

Stinking
Breath.
Stomach.
speedily.

Armpits, or the whole Body, being boiled in wine and drunk, and are said also to help a stinking Breath, and to strengthen the Stomach. Pliny saith, That the Juyce bathed on the place that wanteth Hair, it being fallen off, will cause it to grow again

The Melancholly Thistle.

Descrip. **I**t riseth up with tender single hoary green Stalks, bearing thereon four or five long hoary green Leaves, dented about the edges, the points thereof are little or nothing prickly, and at the top usually but one head, sometimes from the bosom of the uppermost Leaf there shooteth forth another smaller head, scaly and somewhat prickly, with many reddish purple thrums or threds in the middle, which being gathered fresh will keep the colour a long time, and lasteth not from the Stalk in a long time, while it perfecteth the Seed, which is of a mean bignesse lying in the Down. The Root hath many long Strings fastned to the Head, or upper part, which is blackish and perisheth not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath, and the Stalk being about two foot high, beareth but one scaly head, with threds, and Seeds as the former.

Place. They grow in many moist Meadows of this Land, as well in these Southern, as in the Northern parts.

Time. They flower about July or August, and their Seed ripeneth quickly after.

Government and Vertues. 'Tis under Capricorn, and therefore under both Saturn and Mars, one rids Melancholy by Sympathy: the other by Antipathy. Their Vertues are but few, but those not to be despised; for the

Decoction of the Thistle in Wine being drunk, expels superfluous Melancholy, fluens Melancholy out of the Body, and makes a Man as merry as a Cricket; superfluous Melancholy cureth care, fear, sadness, despair, envy and many evils more besides; but Religion teacheth to wait upon Gods Providence, and cast our care upon Him, who careth for us: What a fine thing were it if Men and Women could live so? and yet seven years care and fear makes a Man never the wiser, nor a farthing the richer. *Discorides* saith, The Root born about one doth the like, and removes all Diseases of Melancholy. Modern Writers laugh at him; let them laugh that win: My Opinion is, That 'tis the best Remedy against all Melancholy Diseases that grows: They that please may use it.

Our Ladies Thistle.

Descrip. **O**ur Ladies Thistle hath divers very Large and broad Leaves lying on the Ground, cut in, and as it were crumpled, but somewhat hairy on the edges, of a white green shining colour, wherein are many lines and streaks of a milky white colour running all over, and set with many

many sharp and stiff prickles all about: among which riseth up one or more strong, round and prickly Stalks, set full of the like Leaves up to the top, where at the end of every Branch, come forth a great prickly Thistle-like head, strongly armed with prickles, and with bright purple thrums rising out of the middle of them; after they are past, the Seed groweth in the said Heads, lying in a great deal of soft white Down, which is somewhat flattish and shining, large and brown. The Root is great, spreading in the Ground, and many Strings and small Fibres fastened thereunto. All the whole Plant is bitter in taste.

Place.] It is frequent on the Bank of almost every Ditch.

Time.] It flowreth and seedeth in June, July and August.

Government and Vertues.] Our Ladies Thistle is under Jupiter, and thought to be as effectual as Carduus Benedictus for Agues, and to prevent and Cure the Infection of the Plague, as also to open Obstructions of the Liver and Spleen, and thereby is good against Agues, Plague, the Jaundice: It provoketh Urine, breaketh and expelleth Obstructions, the Stone, and is good for the Dropsie: It is effectual also Liver, Spleen, for the Pains in the Sides, and many other inward Pains dropsie, Stitches and Gripings: The Seed and distilled Water are held pow- in the Sides, Liferful to all the purposes aforesaid: and besides, it is often ver.

applied both inwardly to drink, and outwardly with Cloaths or Spunges to the Region of the Liver to cool the distemperature thereof and to the Region of the Heart, against Swoonings and Passions of it. It cleanseth the Blood exceedingly; and in Spring if you please to boil the tender plant (but cut off the prickles, unless you have a mind to choak your self) it will change your Blood as the Season changes, and that's the way to be safe.

The Woolly, or Cotton Thistle.

Descript.] **T**His hath many large Leaves lying on the Ground, somewhat cut in and as it were crumpled on the edges, of a green colour, on the upper-side, but covered over with a long hairy Wood or Cottony Down; set with most sharp and cruel prickles; from the middle of whose heads of Flowers come forth many purplish crimson threads, and sometimes white although but seldom: The Seed that followeth in these white downy Heads is somewhat large long and round, resembling the Seed of Ladies-Thistles, but paler: the Root is great and thick, spreading much, yet usually dieth after Seed-time.

Place.] It groweth on divers Ditch Banks, and in the Corn-fields and High-ways, generally throughout the Land; and is often found growing in Gardens.

Time.] It flowreth and beareth Seed about the end of Summer, when other Thistles do flower and Seed.

Government and Vertues.] It is a Plant of Mars. Dioscorides and Pliny wrote, That the Leaves and Roots hereof taken in drink, helpeth those that

Crick in the Neck, have a Crick in their Neck, that they cannot turn it unless they turn their whole Body. *Galen* saith, That the Roots and Leaves hereof are good for such Persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities, as the *Rickets* (or the Colledge of Physitians would have it, the *Rachites*, about which Name they have quarrelled sufficiently) in Children; being a Disease that hindereth their growth, by binding their Nerves, Ligaments, and whole structures of their Body.

The Fullers Thistle, or Teasel.

IT is so well known, that it needs no Description, being used with the Cloth-workers.

The wild Teasel is in all things like the former, but that the prickles are small, soft and upright, not hooked or stiff, and the Flowers of this are of Fine bluish, or pale cornation colour, but of the manured kind whitish.

Place.] The first groweth, being sown in Gardens or Fields for the use of Cloth-workers: the other near Ditches and Cils of Water in many places of this Land,

Time.] They flower in July and are ripe in the end of August.

Government and Vertues.] It is an Herb of Venus. *Dioscorides* saith, That the Root bruised and boyled in Wine till it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve and applied to the *Fistulaes, warts, Fundament,* doth heal the clefts thereof, at also Cankers, clefts, cankers, and *Fistulaes* therein, and also taketh away Warts and Wens. *Wens, worms* The Juyce of the Leaves dropped into the Ears killeth *in the ears,* Worms in them. The distilled Water of the Leaves dropped in the Eyes taketh away redness and Mists in them, that *Sight, Redness* hinder the Sight, and is often used by Women to preserve *in the Face,* their Beauty, and to take away redness and inflammations *Inflammation.* and all other heat or discolourings.

Treacle Mustard.

Descript.] **I**T riseth up with a hard round stalk about a foot high, parted into some Branches, having divers soft green Leaves long and narrow set thereon, waved but not cut in on the edges, broadest towards the ends, and somewhat round pointed: the Flowers are white that grow at the tops of the Branches, spike fashion one above another; after which come large round Pouches, parted in the middle with a furrow, having one blackish brown Seed on either side somewhat sharp in taste, and smelling of Garlick, especially in the Fields where it is natural, but not so much in Gardens, the Roots are small and threddy, perishing every year.

Give me leave here to add Mithridate-Mustard, although it may seem more properly by the Name to belong to the Alphabet M.

Methridate Mustard.

Descript.] This groweth higher than the former spreading more and longer Branches, whose Leaves are smaller, and narrower. Sometimes unevenly dented about the edges. The Flowers are small and white, growing on long Branches, with much smaller and rounder Seed-Vessels after them, and parted in the same manner, having smaller brown Seeds than the former, and much sharper in taste. The Root perisheth after Seed-time, but abideth the first winter after the springing.

Place.] They grow in sundry places of this Land, as half a Mile from Hatfield by the River-side under a Hedg as you go to Hatfield, and in the Street of Peckham on Surry side.

Time.] They flower and Seed from May to August.

Government and Vertues.] Both of them are Herbs of Mars. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, Purge the Body, that it suffocate the Birth. It breaketh inward Impost-Tums provokes humes, being taken inwardly and used in Clysters, helpeth Imposthumes, the Sciatica: The Seed applied doth the same. It is an Sciatica, Poy-special Ingredient unto Methridate and Treacle, being of son, Venome, Purge it self an Antidote resisting Poyson, Venome, and Putrid trisfaction. It is also available in many cases for which the common Mustard is used, but somewhat weaker.

The Black-Thorn, or Sloe-bush.

It is so well known, that it needeth no Description.

Place.] It groweth in every Country, in the hedges and borders of fields.

Time.] It flowreth in April, and sometimes in March, but ripeneth the Fruit after all other Plums whatsoever, and is not fit to be eaten until the Autumn-Frost have mellowed them.

Government and Vertues.] All the parts of the Sloe-bush are binding, cooling and drying, and all effectual to stay Bleeding at the Nose and Mouth, or any other place; the Lask of the Belly Binds, Cools, or Stomach, or the Bloody Flux, the too much abounding of Dries, Bleed-Womers Courses, and helpeth to ease the pains of the Sides, ing, Flux. Bowels and Guts, that come by over-much scouring, to drink the Decoction of the Bark of the Roots, or more usually the Decoction of the Berries either fresh or dried. The Conserve is also of very much use, and more familiarly taken for the purposes aforesaid. But the distilled Water of the Flowers first steeped in Sack for a night, and drawn therefrom by the heat of Balneum, Anglice a Bath, is a most certain Remedy tryed and approved to ease all manner of Gnawings in the Gnawings in the stomach, the Sides and Bowels, or any gri-Bowels and Stopping pains in any of them, to drink a small quantity when mach, sore Mouth the extremity of pain is upon them. The Leaves also and Torvat.

are good to make Lotions to gargle and wash the Mouth and Throat, where in are Swellings, Sores, Kernels, and to stay the Defluxions of Rheum to the Eyes or other parts, as also to cool the Heat and Inflammations of them and to ease hot pains of the Head, to bathe the Fore-head and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said purposes, and the condensate Juyce of the Sloes. The distilled Water of the green Berries is used also for the said effects.

Thorough-wax, or Thorough-leaf.

Descript.] Common Thorough-wax sendeth forth one straight round Stalk, and sometimes more, two foot high or better, whose lower Leaves being of a blewish green colour, are smaller and narrower than those up higher, and stand close thereto, not compassing it; but as they grow higher they do more and more encompass the Stalks, until it wholly (as it were) pass through them, branching toward the top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any Joynt. The Flowers are very small and yellow, standing in tufts at the Heads of the Branches, where afterwards grow the Seed, being blackish, many thick thrust together. The Root is small, long and woody, perishing every year after Seed-time, and rising again plentifully of its own sowing.

Place.] It is found growing in many Corn-fields, and Pasture-grounds, in this Land.

Time.] It flowreth in July, and the Seed is ripe in August.

Government and Vertues.] Both this and the former are under the Influence of Saturn. Thorough-wax is of a singular good use for all sorts of Bruises and Wounds either inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with Water and wine be drunk, and the places washed therewith, or the Juyce or green Herb bruised or boiled either by it self, or with other Herbs in Oyl or Hogs-grease to be made into an Oyntment to serve all the year. The Decoction of the Herb, or Powder of the dried Herb taken inwardly, and the same, or the Leaves bruised and applied outwardly is singular good to cure Ruptures, and Burstings, especially in Children, before it be too old. Being applied with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

Time.

IT is in vain to describe an Herb so commonly known.

Government and Vertues.] It is a notable strengthener of the Lungs, as notable an one as grows; neither is there scarce a better Remedy growing for that Disease in Children which they commonly call the Chin-cough, than it is. It purgeth the Body of Flegm, and is an excellent Remedy for shortness of Breath. It kills Worms in the Belly; and being a notable Herb of Venus, provokes

provokes the Terms, gives safe and speedy Delivery to women in Travel, Aff- Women in Travel, and brings away the After-birth. *ten birth, hot Swel-* lris so harmless, you need not fear the use of it. An *lins, warts, sciatica,* Oyatment made of it, takes away hot swellings and Sight, Spleen, Gout, Warts, helps the Sciatica and dulness of Sight, takes *Cods swelled, Loyns* away the pains and hardness of the Spleen; 'tis ex- and Hips, Stomach, cellent good for those that are troubled with the Gour, *expel wind.* is also to anoint the Cods that are swelled. It easeth pains in the Loins and Hips. The Herb taken any way inwardly comforts the Stomach much, and expels Wind.

Wild Time, or Mother of Time.

Wild Time also is so well known that it needs no Description. Place.] It may be found commonly in Commons, and other barren places throughout the Nation.

Government and Vertues.] This also is under the *urine provokes, Terms* Dominion of Venus, though under the Sign of Aries, provokes, Pain and and therefore chiefly appropriated to the Head. It Gripping of the Belly, provoketh Urine and the Terms, and easeth the gripping Cramps, Ruptures, In- pains of the Belly, Cramps, Ruptures, and Inflammati- *flammations, Liver,* ons of the Liver. If you make a Vinegar of the Herb, as *Pains of the Head,* Vinegar of Roses is made, you may find out the way *Frenzy, Lethargies,* in my Translation of the London Dispensatory, and Blood, Coughing, Vo- anoint the Head with it, it presently stops the pains *miting, Head streng-* thereof. It is excellent good to be given either in a *theneth, Stomach,* Frenzy or Lethargy, although they are two contrary *Reins, Womb, Wind,* Diseases. It helps spitting and pissing of Blood, Cough- *Stone.* ing and Vomiting, it comforts and strengthens the Head, Stomach, Reins and Womb, expels Wind, and breaks the Stone.

Tormentill, or Setfoyl.

Descript t.] **T**his hath many reddish, slender weak Branches rising from the Root, lying upon the Ground, or rather leaning than standing upright with many short Leaves that stand closer to the Stalks than Cinquefoyl do (which this is very like) with the Foot-stalk encompassing the Branches in several places, but those that grow next to the Ground are set upon long Foot-stalks, each whereof are like the Leaves of Cinquefoyl, but somewhat long and lesser, & dent- id about the edges, many of them divided but into five Leaves, but most of them in- to sevrens, whence it is also called Setfoyl: yet some may have six, and some eight according to the fertility of the Soyl. At the tops of the Branches stand divers small yellow Flowers consisting of five Leaves, like those of Cinquefoyl, but smaller. The Root is smaller than Bisort, somewhat thick but blacker without, and not so red within, yet sometimes a little crooked, having many blackish Fibres thereat.

Place.] It groweth as well in Woods and shadowy places, as in the open Cham-

Champion Country, about the borders of Fields in many places of this Land, and almost in every Broom-Field in *Essex*.

Time.] It flowreth all the Summer long.

Government and Vertues.] This is a gallant Herb of the Sun. Tormentil

is most excellent to stay all kinds of Fluxes of Blood or Humors in Man or Woman, whether at Nose, Mouth, Belly, or any Wound in the Veins or elsewhere. The Juyce of the Herb or Root taken in Drink, not only resisteth all Poyson and Venom of any Creature, but of the Plague it self, and Pestilential Feavers, and contagious diseases, as the Pox, Measles, Purples, &c. expelling the Venom and Infection from the Heart by sweating. If the green Root be not at hand to be had, the Powder of the dry Root is as effectual, a dram thereof being taken every morning. The Decoction likewise of the Herb and Roots made in Wine and drunk, worketh the same effect; and so doth the distilled Water of the Herb and Root being steeped in Wine for a night, and then distilled in *Balneo Marie*. The Water thus distilled, taken with some Venice Treacle, and the party presently laid to sweat, will certainly (with Gods help) expel any Venom or Poyson, or the Plague, Feaver, &c. for it is an Ingredient of especial respect in all Antidotes or Counter-Poyson. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen or Blood than this, to be taken inwardly, or applied outwardly. The Juyce taken, doth wonderfully open Obstructions of the Liver and Lungs, and thereby in short space helpeth the Yellow Jaundice: some use to make Cakes hereof as well to stay all Fluxes, as to restrain all Cholerick Belchings, and much Vomiting with loathings in the Stomach. The Powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. *Andreas Valesius* is of opinion, That the Decoction of this Root is no more less effectual to Cure the French Pox than *Guajacum* or *China*; and 'tis not unlikely because it so mightily resisteth Putrifaction. *Label* saith, That *Randeletius* used it as *Hermodactils* for Joynt-aches: the Powder also or Decoction to be drunk, or to sit therein as a Bath, is an assured Remedy agtinsf Abortion in Women, if it proceed from the over flexibility or weakness of the inward retentive faculty: as also a Plaister made therewith and Vinegar, applied to the

Reins of the Back doth much help, not only this, but also those that can not hold their Water, the Powder being taken in the Juyce of Plantane, and is also commended agtinsf the Worms in Children. It is very powerful in Ruptures and Burstings; as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with Pellitory of Spain and Allum, and put into an hollow Tooth, not only asswageth Pain, but stayeth the Flux of Humors which caused it. Tormentil is no less effectual and powerful a Remedy for outward Wounds, Sores and Hurts,

chan

man for inward, and is therefore a special Ingredient meet to be used in Wound-drinks, Lotions and Injections for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets or other parts of the Body. And to put either the Juicy or Powder of the Root into such Oyntments, Plaisters, and such things that are to be applied to Wounds and Sores. It also dissolveth all Knots, kernels and hardness gathered about the Ears and Throat, and Jaws, and the Kings-Evil, if the Leaves and Roots be bruised and applied thereto. The same also easeth the Pains of the Sciatica or Hip-Gout, by restraining the sharp Humors that flow thereto. The Juicy of the Leaves and the Roots used with a little Vinegar, is also a special Remedy against the Running Sores of the Head or other parts, Scabs also and the Itch, or any such Eruptions in the Skin proceeding of salt and sharp humors. The same is also effectual for the Piles or Hemorrhoids, if they be washed or bathed therewith, or with the distilled Water of the Herb and Roots. It is found also helpful to dry up any sharp Rheum that distilleth from the Head into the Eyes, causing redness, pain, waterings, itching, or the like, if a little prepared Tutia or white Amber be used with the distilled Water thereof. Many Women use this Water as a secret to help themselves and others when they are troubled with too much flowing of the Whites or Reds, both to drink it, and inject it with a Syringe. And here's enough, only Remember the Sun challenge the Herb.

Turnsole, or Heliotropium.



Descript.] THE greater Turnsole riseth up with one upright Stalk, about a foot high, or more, dividing it it self almost from the Bottom into divers smaller Branches, of a hoary colour: at each Joynt of the Stalk and Branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the Stalks and Branches stand many small white Flowers consisting of four, and sometimes five very small Leaves, set in order one above another, upon a small crooked spike, which turneth inward like a bowed Finger, opening by degrees as the Flowers blow open; after which in their places come forth corner'd Seed, four for the most part standing together. The Root is small and threddy, perishing every year, and the Seed shedding every year, raiseth it again the next Spring.

Plant.] It groweth in Gardens, and flowreth and seedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain, and France, where it groweth Plentifully,

Government and Vertues.] 'Tis an Herb of the Sun, and a good one too. Dioscorides saith, That a good hand-Choler, Flegm, full of this, which is called the great Turnsole, boiled in Stone, Dysury, Water and drunk, purgeth both Choler and Flegm. And Terms provokes boiled with Cummin and drunk, helpeth the Stone in the Gouts, Warts, Reins, Kidnies or Bladder, provoketh Urine and Wo-wens, Disjunctmens Courses, and causeth an easie and speedy Delivery in Stures.

Child-birth. The Leaves bruised and applied to places pained with the Gout, or that have been out of Joynt, and newly set, are full of pain

pain, do give much ease. The Seed and Juyce of the Leaves also being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eye-lids, or any other part of the Body, will by often using take them away.

Meadow Trefoyl, or Honey-suckles.

IT is so well known, especially by the Name of Honey-suckles, white and red, that I need not describe them.

Place.] They grow almost every where in the Land.

Government and Vertues.] Mercury hath Dominion over the common sorts. Dodonæus saith, The Leaves and Flowers are good to ease the griping pains of the Gout, the Herb being boiled and used in a Clyster. If the Herb be made into a Pultis, and applied to Inflammations, it will ease them. The Juyce dropped into the Eyes, is a familiar Medicine with many Country people to take away the Pin and Web (as they call it) in the Eyes, it also allayeth the heat and blood-shooting of them. Country people do also in many places drink the Juyce thereof against biting of an Adder, and having boiled the Herb in Water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The Herb also boiled in Swines-grease and so made into an Oyntment, is good to apply to the biting of any Venomous Creature. The Herb also bruised and heated between two Tiles, and applied hot to the Share, causeth them to make Water who had it stopt before. It is held likewise to be good for wounds, and to take away Seed. The Decoction of the Herb and Flowers with the Seed and Root taken for Scars, whites, some times helpeth Women that are troubled with the Swellings, Imposthumes.

Whites. The Seed and Flowers boiled in Water and after made into a Pultis with some Oyl and applied, helpeth hard Swellings and Imposthumes.

Heart Trefoyl.

Besides the ordinary sorts of Trefoyl, here are two more remarkable, and one of which may probably be called Heart Trefoyl, not only because the Leaf is triangular like the Heart of a Man but also because each Leaf contains the perfect Icon of a Heart, and that in its proper colour, viz. a flesh colour.

Place.] It groweth in a Field between Longford and Bow, and also beyond South-mark toward Croydon, both by the High-way and parts adjacent.

Government and Vertues.] It is under the Dominion of the Sun, and if it were used, it would be found as great a strengthener of the Heart, and cherisher of the vital Spirit, as grows, relieving the Body against Faintings and Swoonings, Poyson, Peings, fortifying it against Poysons and Pestilence, and defending the Heart against the noisom Vapors of the Spleen.

pours.

Pearl-

Pearl-Trefoyl.

It differs not from the common sort, save only in this one particular; that it hath a white spot in the Leaflike a Pearl: It is particularly under the Dominion of the Moon, and its Icon sheweth Pin & web that it is of singular Vertue against the Pearl, or Pin and Web in the Eyes.

Tutsan, or Park-Leaves.

Descript.] It hath many brownish shining round Stalks, crested all the length thereof, rising to be two, and sometimes three foot high, branching forth even from the bottom, having divers Joynts; and at each of them two fair large Leaves standing, of a dark blewish green colour on the upper-side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the Branches all the Winter: At the tops of the Stalks & Branches stand large yellow Flowers, and Heads with Seed, which being greenish at the first, and afterwards reddish turn to be of a blackish purple colour when they are ripe, with small brownish Seed within them, and then yeild a reddish Juycce or Liquor, of a reasonable good scent, somewhat resinous, and of a rash and stipticke taste, as the Leaves also and the Flowers be, although much less, but do not yeild such a clear Claret wine Liquor as some say it doth: The Root is brownish, somewhat great, hard and woody, spreading well in the Ground.

Place.] It groweth in many Woods, Groves and woody Grounds, as Parks and Forrests, and by Hedge-fides in many places of this Land, as in Hamsted-Wood; by Ratley in Essex, in the wild of Kent, and in many other places needlesse to recite.

Time.] It flowreth later than St. John's or St. Peters-wort.

Government and Vertues.] It is an Herb of Saturn, and a most noble Antivenerean. Tutsan purgeth Cholerick Humors as St. Peters-wort is said to do, for therein it worketh the same effect, Choler, Sciaticke, both to help the Sciatica and Gout, and to heal Burnings by Fire: It stayeth also the Bleedings of Wounds, if either the green Herb be bruised, or the Powder of the dry leaves, Wounds, be applied thereto. It hath been accounted and certainly Ulcers. It is a Sovereign Herb to heal any Wound or Sore either outwardly or inwardly, and therefore alwayes used in Drinks, Lotions, Balms, Oyls, Oynments, or any sort of green Wounds, or old Ulcers or Sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physitians and Chyrurgions were so wise as to use Herbs more than now they do.

Garden Valerian.

Descript.] This hath a thick short grayish Root lying for the most part above Ground, shooting forth on all sides, other such like small pieces

pieces or Roots, which have all of them many long and great Strings or Fibres under them, in the Ground, whereby it draweth nourishment. From the Head of these Roots spring up many green Leaves, which at first are somewhat broad and long, with out any Division at all in them, or denting on the edges; but those that rise up after, are more and more divided on each side some to the Middle Rib, being winged, as made of many Leaves together on a Stalk, and those upon the Stalk in like manner are more divided, but smaller towards the top than below; the Stalk riseth to be a yard high or more, sometimes branched at the top with many small whitish Flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small brownish white Seed that is easily carried away with the wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place.] It is generally kept with us in our Gardens.

Time.] It flowreth in June and July, and continueth flowering until the Frost pulls it down.

Government and Virtues.] This also is under the Influence of Mercury. Dioscorides saith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink, it provoketh Urine, and helpeth the Strangury: The Decoction thereof taken, doth the like also, and taketh away Pains of the Sides, provoketh Womens Courses, and is used in Antidotes. Pliny saith, That the Powder of the Root given in drink, or the Decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body,

whether they proceed of Pains in the Chest or Sides, and taketh them away. The Root of Valerian boyled in Liquorish, Raisings, and Anniseed is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the Passages, and to expectorate Flegm easily. It is given to those that are bitten or stung by any Venomous Creature, being boiled in Wine. It is of especial Vertue against the Plague, the Decoction thereof being drunk, and the Root being used to smell unto. It helpeth to expel the Wind in the Belly. The green Herb

with the Root taken fresh, being bruised and applied to the Head-ach, Eyes, Head, taketh away the pains and Prickings therein, stayeth Pin and web, Rheum and thin Distillations, and being boyled in white Wine, and a drop thereof put into the Eye, taketh away the dimness of the Sight, or any Pin or Web therein: It is

of excellent property to heal any inward Sores or Wounds, as also for outward Hurts or Wounds, and draweth away Splinters or Thorns out of the Flesh.

Vervain.

Descript.] **T**He common Vervain hath somewhat long and broad Leaves next the Ground deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper-side, and

and somewhat gray underneath: The Stalk is square, branched into several parts rising about two foot high, especially if you reckon the long spike of Flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together, being small and gaping, of a purplish blue colour, and white intermixt, after which come small round Seed in small and somewhat long heads: The Root is small and long, but of no use.

Place.] It groweth generally throughout this Land in divers places by the Hedges and Way-sides, and other waste Grounds.

Time.] It flourisheth about July, and the Seed is ripe soon after.

Government and Vertues.] This is also an Herb of Venus, and an excellent Herb for the Womb, to strengthen it, and Remedy all the cold griefs of it, as Plantane doth the hot, the Herb bruised and hung about the Neck, helps the Head-ach. Vervain is hot and dry, bitter, opening Ob-

structions, cleansing, and healing; It helpeth the Yellow Obstructions, Jaundice, the Dropsie, and the Gout, the defects of the Cleansing, Heat- Reins and Lungs, and generally all inward Pains and Tor- ing, Yellow

ments of the Body, the Leaves being boyled and drunk. Jaundice, Ve-

The same is held to be good against the Biting of Serpents, venomous Beasts, and other Venomous Beasts; and against the Plague and Pestilence, A-

both Tertian and Quartan Agues, killeth and expelleth gues, worms, Worms in the Belly, and causeth a good colour in the Face Cough, shortness

and Body, strengtheneth as well as correcteth the Diseases of Breath, whee- of the Liver and Spleen, is very effectual in all Diseases sing, Stone, Gra-

of the Stomach and Lungs, Coughs, shortness of Breath, vel, Reins, Blad- and Wheefings, and is singular good against the Dropsie, der, Womb, Drop-

to be drunk with some Peony-seed bruised and put thereto, sie, Bleeding, and is no less prevalent for the defects of the Reins; and Blad- wounds, ulcers,

der, to cleanse them of those Humors that ingender the Fistulaes, Head- Stone, and helpeth to break the Stone, and to expel Gra- ach, Frensie, Mor-

vel: It consolidateth and healeth also all Wounds both in- pherw, Freckles, ward and outward, and stayeth Bleedings, and used with Eyes.

some Honey, healeth all old Ulcers and Fistulaes in the Legs or other Parts of the Body; as also those Ulcers that happen in the

Mouth; or used with Hogs-Grease, it helpeth the Swellings and Pains of the Secret Parts in Man or Woman, as also for the Piles and Hemorrhoids:

applied with some Oyl of Roses and Vinegar unto the Fore-head & Temples, it easeth the inveterate Pains and Ach of the Head, and is good for those that are Frantick. The Leaves bruised, or the Juyce of them mixed with some Vinegar, doth wonderfully cleanse the Skin, and taketh away

Morphew, Freckles, Fistulaes, and other such like inflammations and Deformities of the Skin in any part of the Body. The Distilled Water of the Herb when it is in his full strength, dropped into the Eyes, cleanseth them from Filnis, Clouds or Mists, that darken the Sight, and wonderfully streng-

ngtheneth the Oprick Nerves: The said Water is very powerful in all the Diseases aforesaid either inward or outward, whether they be old corroding Wounds, or green Wounds.

The Vine.

THe Leaves of the English Vine (I do not mean to send you to the *Canaries* for a Medicine) being boiled, make a good Lotion for sore Mouths : being boiled with Barley Meal into a pulvis, it cools Inflammations of Wounds ; the dropping of the Vine when 'tis cut in the Sore Months, Spring which Country people call Tears, being boiled into Inflammations, a Syrup with Sugar and taken inwardly, is excellent to stay Womens longings after every thing they see, which is a Disease many Women with Child are subject to. The Decoction of Vine Leaves in white Wine doth the like : Also the Tears of the Vine drunk, two or three spoonfuls at a time, break the Stone in the Bladder. This is a very good Remedy, and it is discreetly done to kill a Vine to Cure a Man : but the salt of the Leaves is held to be better. The ashes of the burnt Branches will make Teeth that are black as a Cole to be as white as Snow ; if you do but every morning rub them with it. It is a most gallant Tree of the Sun very Sympathetical with the Body of Man, and that's the reason, Spirit of Wine is the greatest Cordial among all Vegetables.

Violets.

Both the Tame and the Wild are so well known, that they need no Description.

Time.] They flower until the end of July, but are best in March and the beginning of April.

Government and Vertues.] They are a fine pleasing Plant of Venus, of a mild nature, no way harmful. All the Eyes, Womb, Violets are cold and moist while they are fresh and green and are used to cool any heat or distemperature of the Body either inwardly or outwardly, as Inflammations in the Eyes, in the Matrix or Fundament, in Imposthumes also, and hot Swellings, Swellings to drink the Decoction of the Leaves or Flowers made with Water in Wine, or to apply them Pultis-wise to the grieved place, it likewise easeth Pains in the Head caused through want of sleep ; or in any other place arising of Heat, being applied in the same manner or with Oyl of Roses. A dram weight of the dried Leaves or Flowers of Violets (but the Leaves more strongly) doth purge the Body of Cholerick Humors, and asswageth the Heat being taken in a draught of Wine or any other drink : The Powder of the purple Leaves of the Flowers only pickt and dried, and drunk in water is said to help the Quinsie, and the Falling-sickness in Children ; especially in the beginning of the Disease. The Flowers of the white Violets ripen and dissolve Swellings. The Herb or Flowers while they are fresh, or the

Flowers

Flowers when they are dry, are effectual in the Pleurisie, and all Diseases of the Lungs, to lenifie the Sharpness of hot Rheums, and the hoarseness of the Throat, the heat also and sharpness of Urine, and all pains of the Back on Reins, and the Bladder. It is good also for the Liver and the Jaundice, and in all hot Agues to cool the heat and quench the thirst: but the Syrup of Violets is of most use, and of better effect, being taken in some convenient Liquor; and if a little of the Juyce or Syrup of Lemmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a Clarret Wine colour, and a fine tart relish, pleasing the taste. Violets taken or made up with honey, do more cleanse and cool, and with Sugar contrariwise. The dried Flowers of Violets are accounted among the Cordial Drinks, Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs, to make Plaisters and Pultisses for Inflammations and Swellings, and to ease pains wheresoever, arising of heat, and for the Piles also, being fried with yolks of Eggs, and applied thereto.

Vipers Bugloss.

Descript.] This hath many long rough Leaves lying on the Ground, from among which rise up divers hard round Stalks, very rough as if they were thick set with prickles or hairs, whereon are set such like long rough hairy or prickly sad green Leaves, somewhat narrow; the middle Rib for the most part being white. The Flowers stand at the top of the Stalk, branched forth into many long spiked Leaves of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and withering: but in some places of a paler purple colour, with a long pointel in the middle, feathered or parted at the top. After the Flowers are fallen, the Seeds growing to be ripe, are blackish, cornered and pointed somewhat like unto the head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward seed time, and perisheth in the winter.

There is another sort little differing from the former, only in that it beareth white Flowers.

Place.] The first groweth wild almost every where. That with white Flowers about the Castle-walls in *Lewis* in *Sussex*.

Time.] They flower in Summer, and their Seed is ripe quickly after.

Government and Vertues.] It is a most gallant Herb of the Sun, it is pity it is no more in use than it is. It is an especial Remedy against the biting of the Viper, and all other Venomous Beasts or Serpents, as also against Poyson or Poyson-Beasts, Poyson-ful Herbs. *Dioscorides* and others say, That whosoever shall Heart, Sadness, take of the Herb or Root before they be bitten, shall not Melancholy, be hurt by the Poyson of any Serpent. The Roots or Seed Agues, Milk-

Loins, are thought to be most effectual to comfort the Heart, and expel
Back, sadness, or cause less Melancholy, it tempers the Blood, and allay-
Kidnies. eth hot fits of Agues. The Seed drunk in Wine, procureth abun-
 dance of Milk in Womens Breasts. The same also being taken,
 easeth the pains in the Loins, Back and Kidnies. The distilled Water of the
 Herb when it is in flower, or his chiefeft strength, is excellent to be applied
 either inwardly or outwardly for all the griefs aforesaid. There is a Syrup
 made hereof very effectual for the comforting of the Heart, and expelling
 Sadness and Melancholy.

Wall-Flowers, or Winter Gilli-Flowers.

THe Garden kinds are well known that they need no Description.
Descript.] The common single wall-Flowers, which grow wild abroad,
 have sundry small, long, narrow and dark-green Leaves, set without order, upon
 small, round, whitish woody stalks, which bear at the tops divers single yellow
 Flowers one above another, every one bearing four Leaves a piece, and of a very
 sweet scent: after which come long Pods, containing reddish Seed. The Root is
 white, hard and Teriddy.

Place.] It groweth upon Church-walls, and old walls of many Houses and
 other stone Walls in divers places. The other sorts in Gardens only.

Time.] All the single kinds do flower many times in the end of Autumn,
 and if the Winter be mild all the winter long, but especially in the Months
 of February, March and April, and until the heat of the Spring do spend
 them. But the double kinds continue not flowering in that manner all the
 year long, although they flower very early sometimes, and in some places
 very late.

Government and Vertues.] The Moon rules them. Galen in his seventh
 Book of simple Medicines saith, that the yellow Wall-flowers work more
 powerfully than any of the other kinds, and is therefore of more use in Phy-
 sick. It cleanseth the Blood, and freeth the Liver and Reins
Obstructions, Li- from Obstructions, provoketh Womens Courses, expelleth
ver, Terms pro- the Secundine and dead Child, helpeth the hardness and
vokes, After- pains of the Mother, and of the Spleen also, stayeth Inflam-
birth, Child, mations and Swellings, comforteth and strengtheneth any
Spleen, weakness, weak part, or out of Joynt: helpeth to cleanse the Eyes
Disjuncture, from mistiness and Films on them, and to cleanse foul and
Gout, Sinews, filthy Ulcers in the Mouth, or any other part, and is a
Apoplexy, singular Remedy for the Gout, and all Aches and Pains in
Palsie. the Joynts and Sinews. A Conserve made of the Flowers
 is used for a Remedy both for the Apoplexy and Palsie.

The Walnut-Tree.

IT is so well known, that it needeth no Description.

Time.] It blossometh early before the Leaves come forth, and the Fruit
 is ripe in September.

Government and Vertues.] This also is a Plant of the Sun. Let the Fruit
 of it be gathered accordingly, which you shall find to be of most Vertues
 whilst they are green before they have shells. The Bark of the Tree doth
 hard and dry very much, and the Leaves are much of the same
 temperature: but the Leaves when they are older, are heating *Binds*,
 and drying in the second degree, and harder of digestion than *Dries*,
 when they are fresh, which by reason of their sweetness, are *wormes*,
 more pleasing, and better digesting in the Stomach: and taken *Poyson*,
 with sweet Wine, they move the Belly downwards: but being *Epidemi-*
 cal, they grieve the stomach: and in hot bodies cause Choler to *cal Disea-*
 bound, and the Head-ach, and are an enemy to those that have *sis*, in
 the Cough: but are less hurtful to those that have a colder sto- *flammation*
 mach, and are said to kill the broad Worms in the Belly or sto- *in the*
 mach. If they be taken with Onions, Salt and Honey, they *Throat*,
 help the biting of a mad Dog, or the Venom, or infectious Poy- *wounds of*
 son of any Beast, &c. *Oneus Pompeius* found in the Treasury of *the Sineus*,
Mithridates King of Pontus, when he was overthrown, a Scrowl *Gangreens*,
 of his own hand writing, containing a Medicine against any *Carbuncles*,
 Poyson and Infection, which is this: Take two dry Walnuts, *Flux*,
 and as many good Figs, and twenty Leaves of Rhew bruised and *Terms stops*,
 beaten together with two or three cor ns of Salt, and twenty Ju- *Baldness*,
 ber berries, which taken every Morning fasting preserveth *Quinsie*,
 from danger or Poyson and Infection that day it is taken. The *Tooth-ach*,
 Juice of the other green Husks boyled with Honey is an ex- *Mother*,
 cellent Gargle for sore Mouths, the heat and Inflammation in the *Cholick*,
 Throat and Stomach. The Kernels when they grow old, are *wind*,
 more oily, and therefore not so fit to be eaten, but are then used *Agues*,
 to heal the Wounds of the Sineus, Gangreens and Carbuncles. *Deafness*,
 the said Kernels being burned, are then very astringent, & will *Ears*.
 then stay Lasks and Womens Courses, being taken in red Wine,
 and stay the falling of the hair, and make it fair, being anointed with Oyl
 and Wine. The green husks will do the like, being used in the same man-
 ner. The Kernels beaten with Rue and Wine, being applied, helpeth the
 Quinzy: and bruised with some honey, and applied to the Ears, easeth the
 pain and Inflammations of them. A piece of the green husks put into a hol-
 low Tooth, easeth the pains. The Catkins hereof taken before they fall off,
 dried, and given a dram thereof in Powder with white Wine, wonderfully
 helpeth those that are troubled with the rising of the Mother. The Oyl that
 pressed out of the Kernels, is very profitably taken inwardly like Oyl of
 Almonds to help the Cholick, and to expel wind very effectually, an ounce
 or two thereof may be taken at a time. The young green Nuts taken before
 they be half ripe, and preserved with Sugar, are of good use for those that
 have weak Stomachs, or Defluxions thereon. The distilled water of the
 green husks before they be half ripe is of excellent use to cool the heat of
 Agues being drunk an ounce or two at a time; as also to resist the Infection
 of the Plague, if some thereof be also applied to the Sores thereof. The same

also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith. The distilled water of the green husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is also found by Experience to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinzy, being gargled and bathed therewith, and wonderfully helpeth Deafness, the Noise and other pains in the Ears. The distilled Water of the young green Leaves in the end of May performeth a singular Cure on foul running Ulcers and Sores, to be bathed with wet cloaths or sponges applied to them every morning.

Wold, Weld, or Dyers Weed.

Descript.] **T**He common kind groweth bushing with many Leaves, long, narrow and flat upon the ground, of a dark blewish green colour, somewhat like unto woad, but nothing so large, a little crumpled, and as it were round pointed, which do so abide the first year: and the next spring from among them rise divers round Stalks two or three foot high, beset with many such like Leaves thereon, but smaller, and shooting forth some small branches, which with the stalks carry many small yellow flowers in a long spiked head on the top of them, where afterwards come the Seed, which is small and black, inclosed in heads that are divided at the tops into four parts. The Root is long, white and thick, abiding the winter. The whole herb changeth to be yellow after it hath been in flower a while.

Place.] It groweth every where by the way-sides, in moist Grounds as well as dry, in corners of Fields and by-Lanes, and some times all over the Field. In *Sussex* and *Kent* they call it Green-weed.

Time.] It is in flower about June.

Government and Vertues.] *Mathiolus* saith, That the Root hereof cutteth tough Flegm, digesteth raw Flegm, thinneth gross humors, dissolveth hard Tumors, and openeth Obstructions. Some do highly commend it against the bitings of Venomous Creatures, to be taken inwardly, and applied outwardly to the hurt place: as also for the Plague or Pestilence. The people in some Countries of this Land, do use to bruise the herb, and lay it to Cuts or Wounds in the hands or legs to heal them.

Wheat.

ALL the several kinds hereof are so well known unto almost all people, that it is altogether needless to write any Description thereof.

Government and Vertues.] It is under *Venus*. *Dioscorides* saith, That to eat the Corns of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* saith, That the Corns of Wheat roasted upon an Iron Pan, and eaten, is a present Remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth all Tettors and Ring-worms, being used warm, and hereby *Galen* saith,

Cold,
Tettors,
Ring-
worm,
Itcters.

With, he hath known many to be cured. *Mathiolus* commendeth Chops in the same Oyl to be put into hollow Ulcers to heal them up and the Hands is good for Chops in the hands or feet, and to make rugged and Feet, skin smooth. The green Corns of Wheat being chewed; and mad Dog's, applied to the place bitten by a mad Dog, healeth it. Slices of Eyes, Wheat-Bread soaked in red Rose-water, and applied to the Eyes Kings- that are hot, red and inflamed, or blood-shotten, helpeth them. Evil, Hot Bread applied for an hour at a time for three dayes toge- Sinews, ther, perfectly healeth the Kernels in the Throat commonly *Pestilence*, called the Kings-Evil. The flower of Wheat mixed with the Juyce Scabs, of Henbane, stayeth the flux of humors to the Joynts being laid *Leprosie*, thereon. The said Meal boyled in Vinegar, helpeth the shrink. *Venomous* King of the Sinews, saith *Pliny*; and mixed with Vinegar and Beasts, Honey boyled together, healeth all Freckles, Spots and Pimples Cods, on the Face. Wheat flower mixed with the Yolk of an Egg, Ho- Hoarf- sey and Turpentine, doth draw, cleanse and heal any Boyl, nefs. Plague-fore, or foul Ulcer. The Bran of Wheat Meal steeped in sharp Vinegar, and then bound in a linnen Cloath, and rubbed on those places that have the Scurf, Morpew, Scabs or Leprosie, will take them away, the body being first well purged and prepared. The Decoction of the Bran of Wheat or Barley, is of good use to bathe those places that are Bursten by a Rupture: and the said Bran boyled in good Vinegar, and applied to swollen Breasts, helpeth them, and stayeth all Inflammations. It helpeth also the bitings of Vipers (which I take to be no other than our English Adder) and all other Venomous Creatures. That Loaves of Wheat-meal applied with some Salt, taketh away hardness of the Skin, Warts, and hard knots in the flesh. Starch moistned with Rose-water, and laid to the Cods, taketh away their Itching. Wafers put in water and drunk, stayeth the Lask and bloody Flux, and is profitably used both inwardly and outwardly for the Ruptures in Children. Boyled in Water unto a thick Jelly and taken, it stayeth spitting of blood: and boyled with Mints and Butter, it helpeth the hoarseness of the Throat.

The Willow-Tree.

These are so well known, that they need no Description: I shall therefore only shew you the Vertues thereof.

[*Government and Vertues.*] The Moon owns it. Both the Leaves, Bark, and the Seed, are used to stanch Bleeding of Wounds, and at Mouth and Nose, Spitting of Blood and other Fluxes of Blood in Man or Woman, and to stay Vomiting, and provocation Stanch Bleeding, thereunto, if the Decoction of them in Wine be drunk. It spitting of blood, helpeth also to stay thin, hot, sharp, salt distillations from Fluxes of blood, the head upon the Lungs causing a Consumption. The Vomiting, distil- leaves bruised with some Pepper, and drunk in Wine, much latious on the helpeth the wind cholick. The Leaves bruised and boiled Lungs wind- in Wine and drunk, stayeth the heat of Lust in Man or cholick, heat of Woman,

Luſt, dimneſs of Women, and quite extinguiſheth it, if it be long uſed : the ſight and other Seed is alſo of the ſame effect. The Water that is gathered *Dizeſes in the* from the Willow when it flowreth, the Bark being ſlit, *Eyes, clear the* and a fitting Veſſel to receive it, is very good for redneſs *Face, dry up* and dimneſs of Sight, for Films that grow over the Eyes, *Humors, warts,* and ſtay the Rhewms that fall into them ; to provoke Urine *Corns and ſu-* being ſtopped, if it be drunk ; to clear the Face and Skin *perſuſious Fleſh,* from ſpots and diſcolourings. *Galen ſaith,* the Flowers have *Scurf or Dan-* an admirable faculty in drying up humors, being a Medicine *driff, Feaver.* without any ſharpneſs or Corroſion. You may boyl them in white Wine, and drink as much as you will (ſo you drink not your ſelf drunk) The Bark works the ſame effects, if uſed in the ſame manner, and the Tree hath alwayes a Bark upon it, though not alwayes Flowers. The burnt aſhes of the Bark being mixed with Vinegar, take away Warts, Corns and ſuperfluous fleſh, being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandrif by waſhing the place with it. 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one ſick of a Feaver.

Woad.

Deſcript.] *I* bath divers large Leaves, long and ſomewhat broad withal, like to thoſe of the greater Plantane, but larger, thicker, of a greeniſh colour, and ſomewhat blew withal. From among which Leaves riſeth up a luſty ſtalk three or four foot high, with divers Leaves ſet thereon ; the higher the ſtalk riſeth the ſmaller are the Leaves, at the top it ſpreadeth into divers branches at the end of which appear very pretty little yellow flowers ; and after they paſs away like other flowers of the Fields, come Huſks, long and ſomewhat flat with all ; in form they reſemble a tongue ; in colour they are black, and they hang hanging downwards. The ſeed contained within theſe Bulks (if it be a little chewed) gives an azure colour. The Root is white and long.

Place.] It is ſowed in Fields for the benefit of it, where thoſe that ſow it cut it three times a year.

Time.] It flowreth in June, but is long after before the Seed is ripe.

Government and Vertues.] It is a cold and dry Plant of Saturn. Some people affirm the Plant to be deſtructive to Bees, which if it be, I cannot help it. They ſay it poſſeſſeth Bees with the Flux, but that I can hardly believe, unleſs Bees be contrary to all other Creatures ; I ſhould rather think it poſſeſſeth them with the contrary Diſeaſe, the herb being exceeding drying and binding. However if any Bees be diſeaſed thereby, the cure is to ſet Urine by them, but ſet it in ſuch a Veſſel that they cannot drown themſelves, which may be remedied, if you put pieces of Cork in it. I told you before the herb was drying and binding, and ſo drying and binding, that it is not fit to be given inwardly. An Oynment made thereof ſtancheth Bleeding. A Plaſter made thereof, and applied to the Region of the Spleen, and

and I pray you take notice that the Spleen lies on the left *Bleeding, Spleen* (de) takes away the hardness and pains thereof: The Oynt- *ulcers, Inflam-* ment is excellent good in such Ulcers as abound with moi- *mations, St. An-* sture and takes away the corroding and fretting humors: It *thonies fire, De-* cools Inflammations, quencheth St. *Antonies fire,* and stayeth *fluxions of* Defluxions of Blood to any part of the Body. *Blood.*

Woodbind, or Honey-suckles.

[It is a Plant so common, that every one that hath Eyes knows them, and he that hath none, cannot read a Description if I should write it.

Time.] They flower in *June*, and the fruit is ripe in *August*.

Government and Vertues.] Doctor *Tradition*, that grand Introducer of Errors, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor *Reason*, hath taught the common People to use the Leaves of flowers of this Plant in Mouth-waters, and by long continuance of time hath so grounded it in the Brains of the Vulgar, that you cannot beat it out with a beetle: All Mouth-waters ought to be cooling and drying, but Honey Suckles are cleansing, consuming and digesting, and therefore no wayes fit for Inflammations: Thus Doctor *Reason*. Again, if you please we will leave Doctor *Reason* a while, and come to Doctor *Experience*, a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cause a Sore Mouth or Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for something, for God and Nature made nothing in Vain: It is an Herb of *Mercury*, and appropriated to the Lungs; the celestial *Crab Lungs* as- claims Dominion over it, neither is it a Foe to the *Lion*: If *sifted*, the Lungs be afflicted by *Jupiter*, this is your Cure: It is fit- *Asthma*, ting a Conserve made of the Flowers of it, were kept in every Spleen, Gentlewomens house: I know no better Cure for an *Asthma Provokes* than this: Besides, it takes away the Evil of the Spleen, provokes *urine*, and *Urine*, procures speedy delivery to Women in Travel, helps *speedy deli-* Cramps, Convulsions and Palsies, and whatsoever griefs come *very in* of cold or stopping: If you please to make use of it in an Oynt- *childbirth*, ment, it will clear your skin of Morpew, Freckles and Sun- *Cramps*, burning, or whatsoever else discolours it, and then the Maids will *Convul-* love it. I have done when I have told you what Authors say, *sions and* and cavilled a little with them: They say, the Flowers are of *Palsies*, more effect than the Leaves, and that's true: but they say, the *Freckles*, seeds are least effectual of all: but Dr. *Reason* told me, that and *Sun-* there was a Vital Spirit in every seed to beget its like; and Dr. *burning.* *Experience* told me, that there was a greater heat in a seed than there was in any other part of a Plant, and withall, that heat was the Mother of Action, and then Judge if old Dr. *Tradition* (who may well be honoured for his Age, but not for his goodness) hath not so poisoned the World with Errors before I was born, that it was never well in its wits since, and there is great fear it will dye mad.

Wormwood.

THree Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be critical at : And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many Names as Vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Belchicum*, *Norbonense*, *Xantonicum*, *Misneule*. and a matter of twenty more, which I shall not blot paper withal. A Papist got the Toy by the end, and he called it Holy Wormwood; and in truth, I am of Opinion, their giving so much Holiness to Herbs, is the reason there remains so little in themselves. The Seed of this Wormwood is that which usually Women give their Children for the Worms: Of all Wormwoods that grow Here, this is the weakest; but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money, and that's the Key of the Work. The Herb is good for something, because God made nothing in vain: Will you give me leave to weigh things in the Ballance of Reason? Then thus: The Seeds of the common Wormwood are far more prevalent than the Seed of this to expel Worms in Children, or people of ripe age: Of both some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be fittest for the weak Bodies, (for it is weak enough in all conscience.) Let such as are strong take the common Wormseed, for the others will do but little good. Again, near the Sea many people live, and *Seriphian* grows near them, and therefore is more fitting for their bodies, because nourished by the same Air; and this I had from Dr. Reason. In whose Body Dr. Reason dwells not, dwells Dr. Madness, and he brings in his Brethren. Dr. Ignorance, Dr. Folly, and Dr. Sickness, and these together make way for Death, and the latter end of that man is worse than the beginning. Pride was the cause of Adam's Fall; Pride begat a Daughter, I do not know the Father of it unless the Devil, but she cristned it, and call'd it Appetite, and sent her daughter to taste these Wormwoods, who finding this the least bitter, made the squeamish Wench extol it to the Skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this: It is weakest, therefore fitter for Weak Bodies, and fitter for those Bodies that dwell near it, than those that live far from it: my reason is, The Sea (those that live far from it, know when they come near it) casteth not such a smell as the Land doth: The tender Mercies of God being over all his works, hath by his Eternal Providence planted *Seriphian* by the Sea-side, as a fit Medicine for the Bodies of those that live near it. Lastly, It is known to all that know any thing in the Course of Nature, that the Liver delights in sweet things, if so, it abhors bitter; then if your Liver be weak, it is none of the Wisest courses to plague it with an Enemy. If the Liver be weak, a Consumption follows: Would you know the reason? 'tis this, A man's Flesh is repaired by Blood, by a third Concoction, which transmutes Blood into Flesh, ('tis well I said (Concoction) for Mr. had said (boyling) every Cook would have understood me.) The Liver makes

makes blood, and if it be weakned that it makes not enough, the flesh wasteth; and why must flesh alwayes be renewed? Because the Eternal God when he made the Creation, made one part of it in continual dependency upon another: And why did he so? Because himself onely is permanent; to teach us, That we should not fix our affections upon what is transitory, but upon what endures for ever. The result of all is this, If the Liver be weak, and cannot make blood enough (I would have said (Sanguifie) if I had written only to Scholars. The *Seraphian* which is the weakest of Wormwoods, it is better than the best. I have been Critical enough, if not too much.

Place.] It grows familiarly in England by the Sea-side.

Descript.] It starts up out of the Earth with many round, woody, hairy stalks from one Root, its height is four foot high, or three at the least. The Leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in similitude like Southernwood, only broader and longer, in taste rather salt than bitter, because it grows so near the salt water: At the Joynts with the leaves towards the tops it bears little yellow flowers, The Root lies deep, and is woody.

Common Wormwood I shall not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, seeing it grows familiarly in England? It may be it was so called, because 'tis good for a stinking Breath, which the Romans cannot be very free from, maintaining so many Baudy houses by authority of his Holiness.

Descript.] The stalks are slender and shorter than the common wormwood by one foot at least; the leaves are more finely cut and divided than they are, but something smaller; both leaves and stalks are hoary; the Flowers of a pale yellow colour, it is altogether like the common wormwood, save only in bigness, for it is smaller; in taste, for 'tis not so bitter; in smell, for it is spicy.

Place.] It groweth upon the tops of the Mountains (it seems 'tis aspiring) there 'tis Natural, but usually nursed up in Gardens for the use of the Apothecaries in London.

Time.] All Wormwoods usually flower in August, a little sooner or later.

Government and Vertues.] Will you give me leave to be critical a little? I must take leave: Wormwood is an Herb of Mars and if *Pontanus* say otherwise, he is besides the Bridge. I prove it thus: What delights in Martial places, is a Martial herb; But Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it) Ergo it is a Martial herb. It is hot and dry in the first

Degree, viz, Just as hot as your Blood, and no hotter: Cholera, Venery, It Remedies the evils Cholera can inflict on the Body of provokes urine, Man by Sympathy. It helps the evils Venus and the helps Surfeits, wanton Girl produce by antipathy. And it doth something Swellings, Apoplexie besides. It cleanseth the Body of Cholera (and who petite lost, dares say Mars doth no good?) It provokes Urine, helps Yell. Jaundice. surfeits,

Surfeits, Swellings in the Belly; It causeth an Appetite to Meat, because *Mars* rules the attractive faculty in Man: The Sun never shone upon a better Herb for the yellow Jaundice than this is: why should men cry out so much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a mischief; this Herb testifies that *Mars* is willing to cure all Diseases he causes; the truth is *Mars* loves no Cowards, nor *Saturn* Fools, nor I neither. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron: boil this in Rhenish Wine, but put not in the Saffron till it is almost boyled: This is the way to keep a Mans body in

Preserve
Health,
Terms

Provokes,
Biting of

Rats and
Mice,

Wheals,
Pustles,

Black and
Blew

Spots,
Quinsie,

Eyes.

health, appointed by *Camerarius*, in his Book intituled, *Hortus Medicus*, and 'tis a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach astrologers, and make them Physitians (if I knew how) for they are most fitting for the Calling: if you will not believe me, ask Dr. *Hippocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledge of Physitians keep to vapour with, not to follow. In this one herb I shall give the pattern of a Rule to the Sons of Art, rough cast, yet as near the Truth as the men of *Benjamin* could throw a stone; whereby my Brethren of the Society of astrologers may know by a penny how a shilling is coyned: (as for the Colledge of Physitians they are too stately to learn, and too proud to continue:) They say a Moute is under the Dominion of the Moon, and that's the reason they feed in the night: the House of the Moon is *Cancer*: (Rats are of the same nature with Mice, but they are a little bigger) *Mars* receives

his Fall in *Cancer*, Ergo Wormwood being an herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the title of *Herba*, *Fatrix*, or *Arbor*) are under the Dominion of *Saturn* (and take one time for another, they do as much harm as good:) if any have Poysoned himself by eating them, Wormwood an Herb of *Mars* cures him, because *Mars* is exalted in *Capricorn* the house of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Pustles, black and blew spots, coming either by Bruises or Beatings, Wormwood an herb of *Mars* helps, because *Mars* (as bad as you love him, and as ill as you hate him) will not break your head, but he'll give you a Plaister. If he do but teach you to know your selves, his Courtesie is greater than this Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*; one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other Feminine; one publick, the other Private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the Field, the other the Sheets: then the throat is under *Venus*, the Quinsie lies in the Throat, and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all Diseases in the Throat by his Herbs (of which Wormwood is one) and sends them to

Aegypt on an errand never to return more : this by Antipathy. The Eyes are under the Luminaries ; the right Eye of a Man, and the left Eye of a Woman, the *Sun* claims Dominion over : The left Eye of a Man, and the right Eye of a Woman, are the priviledges of the *Moon*, *Wormwood* an herb of *Mars* cures both ; what belongs to the *Sun* by Sympathy, because he is exalted in his House ; but what belongs to the *Moon* by Antipathy, because he hath his Fall in hers. Suppose a Man be bitten or stung by a Martial Creature, imagine a Wasp, a Hornet, a Scorpion, *Wormwood* an Herb of *Mars* giveth you present Cure : Then *Mars* as *Biting* or *Cholerick* as he is, hath learned that patience, to pass by your *Stinging* by evil speeches of him, and tels you by my Pen, That he gives you *Vinomous* no Affliction, but he gives you a Cure ; you need not run to *Beasts*. *Apollo* nor *Æsculapius* : and if he were so *Cholerick* as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those people that can spye his Vices, and not his Virtues. The *External* God when he made *Mars*, made him for a publick good, and the Sons of Men shall know it in the latter end of the World, *Et Celum Mars solus habet*. You say *Mars* is a Destroyer ; mix a little *Wormwood* an Herb of *Mars* with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then *Mars* is a preserver. Astrologers say *Mars* causeth Scabs and Itch, and the Virgins are angry with him, because wanton *Venus* told them he deforms their skin : but quoth *Mars*, my only desire is, they should know themselves ; my Herb *Wormwood* will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my opposite *Venus* ; for which doth the greatest evil, he that takes away an innate Beauty, and when he hath done, knows how to restore it again ? or she that teaches a company of Wanton Lasses to paint their Faces ? If *Mars* be in a Virgin, in the Nativity, they say he causes the Cholick ('tis well God hath set some body to pull down the pride of man) He in the Virgin troubles none with the Cholick, but them that know not themselves, (for who knows himself, may easily know all the World) *Wormwood* an Herb of *Mars* is a present cure for it : and whether it be most like a Christian to love him for his good ; or hate him for his evil, judge ye. I had almost forgotten that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloaths (I can give them no other title, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might consume them ; Moaths are under the Dominion of *Mars*, this Herb *Wormwood* being laid amongst Cloaths, will make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle, a Fly. You say *Mars* is angry, and 'tis true enough, he is angry with many Countrymen for being such Fools to be led by the Noses by the Colledge of Physitians, as they lead Bears to *Paris* Garden. Melancholy Men cannot endure to be wronged in Point of good Fame, and that hath sorely troubled old *Saturn*, because they called him the greatest Infortune : In the body of Man he rules the Spleen (and that

that makes Covetous men so Splenetick,) The poor old man lies crying out of his left side, Father Saturn's angry, *Mars* comes to him, *Splen.* Come Brother, I confesse thou art evil spoken of, and so am I; thou knowest I have my exaltation in my House, I give him an herb of mine, Wormwood, to cure the poor man; Saturn consented; but spoke but little, and so *Mars* cured him by Sympathy. When *Mars* was free from War (for he loves to be fighting, and is the best friend a Soldier hath.) I say, when *Mars* was free from War, he called a Councel of War in his own Brain, to know how he should do poor sinful man good, desiring to forget his abuses in being called an Infortune.) He musters up his own Forces and places them in Battalia; Oh, quoth he, why do I hurt a poor silly Man or Woman? His angel answers him, 'tis because they have offended their God. (Look back to Adam) Well, sayes *Mars*, though they speak evil of me, I'll do good to them; Death's cold, my Herb shall heat them. They are full of ill humors (else they would never have spoken ill of me) my herb shall cleanse them and dry them: They are poor weak Creatures, my herb shall strengthen them; they are dull witted, my herb shall fortifie their Apprehensions; and yet amongst Astrologers, all this doth not deserve a good word; Oh the patience of *Mars*.

*Felix, qui potuit rerum cognoscere causas,
Inque domus superum scandere cura fuit.*

*Oh! happy he that can the Knowledge gain,
To know th' Eternal God made nought in vain.*

To this I add,

*I know the reason causeth such a Dearth
Of Knowledge, 'tis because men love the Earth.*

The other day *Mars* told me he met with *Venus*, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox? in the dispute they fell out, and in anger parted. & *Mars* told me that his Brother Saturn told him, that an Antivenereian *French-Pox.* Medicine was the best against the Pox. Once a Month he meets with the Moon, *Mars* is quick enough of speech, and the Moon not much behind hand (neither are most Women) The Moon looks much after Children, and Children are much troubled with the worms, she desired a Medicine of him, he bad her take his own Herb Wormwood: He had no sooner parted with the Moon, but he met with *Venus*, and she was as drunk as a Bitch; Alas poor *Venus* quoth he, what, thou a fortune and be drunk? I'll give thee an Antipathetical Cure; Take my herb Wormwood, and thou shalt never get a Surfet by *Surfet, sinking* drinking. A poor silly Countrey-man hath got an Ague *Breath, Dull* and cannot go about his business, he wishes he had it *Brain, weak* not, and so do I, but I'll tell him a Remedy, whereby *sight.* he may prevent it; Take the Herb of *Mars* Wormwood

wood, and if infortunes will do good, what will fortunes do? Some say the Lungs are under *Jupiter*; and if the Lungs, then the breath, and yet a man sometimes gets a stinking breath, and yet *Jupiter* is a Fortune forsooth: up comes *Mars* to him, come brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy House last night, the one from *Aries*, and the other from *Scorpio*, give me thy Leave by Sympathy to cure the poor man by drinking a draught of Wormwood-Beer every morning. The *Moon* was weak the other day, and she gave a man two terrible Mischiefs, a dull Brain, and a weak sight, *Mars* layes by his sword and comes to her, Sister *Moon*, saith he, This Man hath anger'd thee, but I beseech thee take notice he is but a Fool, prithee be patient, I will with my Herb Wormwood cure him of both infirmities by an Antipathy, for thou knowest, thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens tongues) went away, and did it whether she would or no.

He that reads this, and understands what he reads, he hath a Jewel more worth than a Diamond: He that understands it not, is as little fit to give Physick. There lies a Key in these words, which will unlock (if it be turned by a wise hand) the *Cabinet of Physick*: I have delivered it so plainly as I durst: 'tis not onely upon Wormwood that I wrote, but upon all Plants, Trees, and Herbs: He that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead; And thus I leave it to the world, not caring a half-penny whether they like or dislike it. The Grave equals all men, and therefore shall equal me with Princes; untill which time the Eternal Providence is over me: Then the ill Tongue of a prattling fellow, or of one who hath more Tongue than Wit, or more Pride than Honesty, shall never trouble me. Wisdom is justified of her Children. And so much for *Wormwood*.

*Yarrow; ealled also Nose-bleed, Milfoyl, and
Thousand-leaf.*

Descript.] **I** hath many long Leaves spread upon the Ground, and finely cut and divided into many small parts: Its flowers are white, but not all of a whiteness, and stayed in Knots, upon divers green stalks which rise from among the leaves.

Place.] It is frequent in all Pastures.

Time.] It flowreth late, even in the latter end of August.

Government and Vertues.] It is under the influence of *Venus*. An Oyntment of them cures Wounds, and is most wounds Inflammations, it being an Herb of Dame *Terms*. *Venus*; It stops the *Terms* in Women being boyled in stops, Bloody white Wine and the Decoction drunk, as also the Bloody Flux, Biliness, Flux; the Oyntment of it is not only good for green ulcers, Fistul-wounds, but also for Ulcers and Fistulaes, especially such last, retentive as be bound with Moisture. It stayes the shedding of Faculty, Rux-Hair; the Head being bathed with the Decoction of it, in-ning of the wardly

Reins, Whites, wardly taken it helps the retentive faculty of the Stomach, it helps the running of the Reins in Men, and the Whites in Women, and helps such as cannot hold their Water; and the Leaves chewed in the Mouth, easeth Tooth-ach; and these Vertues being put together shew the Herb to be drying and binding. *Achillis* is suppoed to be the first that left the Vertues of this herb to posterity, having learned them of his Master *Chyron* the Centaure; and certainly a very profitable herb it is in the Cramp, and perhaps therefore called *Militaris*.

DIRECTIONS.

HAVING in divers places of this Treatise promised you the way of making Syrups, Conserves, Oyls, Oyntments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had; I come now to perform what I promised, and you shall find me rather better, than worse than my Word.

That this may be done Methodically, I shall divide my directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

Sect. 1.

Of gathering, drying and keeping
Simples and
their Juices.

Chap. 1. Of Leaves of
Herbs, &c.

Chap. 2. Of Flowers.

Chap. 3. Of Seeds.

Chap. 4. Of Roots.

Chap. 5. Of Barks.

Chap. 6. Of Juices.

Sect. 2.

Of making, and keeping
Compounds.

Chap. 1. Of distilled Waters.

Chap. 2. Of Syrups.

Chap. 3. Of Juleps.

Chap. 4. Of Decoctions.

Chap. 5. Of Oyls,

Chap. 6. Of Electuaries.

Chap. 7. Of Conserves.

Chap. 8. Of Preserves.

Chap. 9. Of Lohochs.

Chap. 10. Of Oyntments.

Chap. 11. Of Plaisters.

Chap. 12. Of Pultisses.

Chap. 13. Of Troches.

Chap. 14. Of Pills.

Chap. 15. The way of fitting
Medicines to Compound
Diseases.

Of all these in Order.
SECT.

SECT. I.

The Way of Gathering, Drying, and Preserving Simples
and their Juices.

Chap. 1. Of Leaves of Herbs, or Trees.

OF Leaves, choose only such as are green and full of Juice; pick them carefully, and cast away such as are any way declining, for they will putrifie the rest; so shall one handfull be worth ten of those you buy in *Cheap-side*.

2. Note in what place they most delight to grow in, and gather them there, for Betony that grows in the shadow, is far better than that which grows in the Sun, because it delights in the shadow: so also such Herbs as delight to grow near the Water, let such be gathered as grow near the Water, though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such Herbs as run up to Seed, are not so good when they are in flower, as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known, or through negligence forgotten, you had better take the top and the flower than the Leaf.

4. Dry them well in the Sun, and not in the shadow, as the saying of Physicians is, for if the Sun draw away the Vertues of Herbs, it must needs do the like by Hay by the same Rule, which the Experience of every Countrey Farmer will explode for a notable piece of Non-sense.

5. Such as are Artifts in Astrology (and indeed none else are fit to make Physicians) such I advise: Let the Planet that governs the Herb be Angular, and the stronger the better; if they can in Herbs of Saturn, let Saturn be in the Ascendant; in the Herbs of Mars let Mars be in the Mid-heaven, for in those Houses they delight: let the Moon apply to them by good Aspect, and let her not be in the Houses of their Enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity; if you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasure: for,

First. Such as grow upon dry Grounds will keep better than such as grow on moist.

Secondly. Such Herbs as are full of Juice will not keep so long as such are drier.

Thirdly

Thirdly. Such Herbs as are well dried, will keep longer then such as are ill dried.

Yet this I say, By this you may know when they are corrupted, viz. By their loss of colour, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them.

8. Gather all Leaves in the hour of that Planet that governs them.

Chap. 2. *Of Flowers.*

1. **T**HE Flower which is the beauty of the Plant, and of none of the least use in Physick, groweth yearly, and is to be gathered when it is in his prime.

2. As for the time of gathering them, let the Planetary hour, and the plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day, let it be when the Sun shines upon them, that so they may be dry; for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the Fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their colour and smell, they are good; either of them being gone, so is their Virtue also.

Chap. 3. *Of Seeds.*

THE Seed is that part of the plant, which is endued with a Vital Faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for place, let them be gathered from the places where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestial Harmony before mentioned, for I have found by experience that their Vertues are twice as great at such times as others: There is an appointed time for every thing under the Sun.

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not to be so careful of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, they are the best the first year, and this I make appear by a good Argument. They will grow the soonest the first year they be set, therefore then are they in their prime, and 'tis an easie matter to renew them yearly.

Chap. 4. *Of Roots.*

1. **O**F Roots, chuse such as are neither rotten, nor worm-eaten, but proper in their taste, colour and smell; such as exceed neither in softness nor hardness.

2. Give me leave to be a little Critical against the vulgar received Opinion, which is, That the sap falls down into the Roots in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning; and this idle talk of untruth is so grounded in the Heads, not only of the Vulgar, but also of the learned, that a man cannot drive it out by reason: I pray let such sapmongers answer me to this Argument. If the sap fall into the Roots in the fall of the Leaf, and lye there all the Winter, then must the Root grow only in the Winter, as Experience witnesseth: but the Root grows not at all in Winter, as the same Experience teacheth, but only in the Summer. *Ergo,*

If you set an Apple Kernel in the Spring, you shall find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: What doth the sap do in the Root all that while, pick straws? For Gods sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the Sun declines from the Tropick of *Cancer*, the sap begins to congeal both in Root and branch, when he toucheth the Tropick of *Capricorn*, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed. But to proceed.

3. The drier time you gather your Roots in, the better they are: for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney-corner upon a string: as for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small; yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them alwayes near the fire, and take this general Rule for it: If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shall, especially in the Winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save your self the Labour.

7. It is in vain to dry such Roots as may commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

Chap. 5. Of Barks.

1. Barks which Physitians use in Medicines, are of these sorts: Of Fruits, Of Roots, of Boughs.

2. The Barks of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoticks here I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like, because then they come easiest off, and so you may dry them [if you please: but indeed your best way is to gather all Barks only for present use.

4. As for the Barks of Roots 'tis this, and thus to be gotten. Take the

A a

Roots

Roots of such Herbs as have a pith in them, as Parsley, Fennel, &c. slice them in the Middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark, and indeed is only to be used.

Chap. 6. Of Juices.

1. Juices are to be pressed out of Herbs when they are young and tender, and also out of some stalks; and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your herb you would preserve the Juice of, when it is very dry (for otherwise your Juice will not be worth a button) bruise it very well in a stone Mortar with a wooden Pestle, then having put it into a Canvas bag (the Herb I mean, not the Mortar, for that will yield but little Juice) press it hard in a Press, then take the Juice and clarify it.

3. The manner of clarifying of it is this; Put it into a Pipkin or Skillet, or some such thing, and set it over the fire, and when the scum riseth, take it off: let it stand over the fire till no more scum rise, then you have your Juice clarified: cast away the scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold, put it into a Glass, and put so much Oyl on it as will cover it to the thickness of two fingers, the Oyl will swim at top, and so keep the air from coming to putrifie it; when you intend to use it, do no more but so, pour out into a Porringer, a little more than you intend to use, and if any Oyl come out with it (as if the Glass be not full, 'tis an hundred to one if there do) you may easily scum it off with a spoon and put the Juice you use not into the Glass again, it will quickly sink under the Oyl. This is the first way.

Secondly, The second way is a little more difficult, and the Juice of fruits is usually preserved this way: When you have clarified the Juice as before, boyl it over the fire till (being cold) it be of the thickness of honey: this is most commonly used for Diseases of the Mouth, and is called *Rob* and *Sapa*. And thus much for the first Section, the second follows.

S E C T. I I.

The way of making and keeping all necessary Compounds.

C H A P. I.

Of Distilled Water.

Hitherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simples, though something improperly; for in deed and in truth, nothing is simple but pure Elements:

all things else compounded of them : We come now to treat of the artificial Medicines, in the front of which (because we must begin somewhere) we shall place distilled Waters, in which consider,

1. Waters are distilled out of Herbs, Flowers, Fruits and Roots.
2. We treat not of strong Waters, but of cold, as being to act *Galen's* part and not *Paracelsus*.
3. The herbs ought to be distilled when they are in their greatest vigor, and so ought the Flowers also.
4. The vulgar way of Distillation which people use because they know no better, is in a Pewter Still : and although distilled waters are the weakest of all Artificial Medicines, and good for little unless for mixtures of other Medicines : yet this way distilled they are weaker by many Degrees than they would be, were they distilled in Sand. If I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.
5. When you have distilled your Water, put it into a Glass, and having bound the top of it over with a paper pricked full of holes, that so the excrementitious and fiery vapours may exhale (which indeed are they that cause that swelling in distilled Waters called the Mother, which corrupts Waters, and might this way be prevented) cover it close, & keep it for your use.
6. Stopping distilled Waters with a Cork makes them musty, and so will a paper also if it do but touch the Water, your best way then is to stop them with a Bladder, being first put in Water, and bound over the top of the Glass. Such cold Waters as are distilled in a Pewter Still (if well kept) will endure a year : such as are distilled in Sand, as they are twice as strong, so will they endure twice as long.

Chap. 2 Of Syrups.

1. **A** Syrup is a Medicine of a Liquid Form, composed of Infusion, Decoction, and Juice : And, 1. For the more grateful taste. 2. For the better keeping of it with a certain quantity of Honey or Sugar hereafter mentioned, boyled to the thickness of new honey.

2. You see at the first View that this Aphorism divides it self into three Branches, which deserve severally to be treated of : *Viz.*

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by Juice.

Of each of these (for your Instructions sake, kind Country-men and Women) I speak a word or two, or three apart.

First, Syrups made by Infusion are usually made of Flowers, and of such Flowers as soon lose their colour and strength by boiling, as Roses, Violets, Peach-Flowers, &c. My Translation of the *London Dispensatory* will instruct you in the rest. They are thus made : Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, for it is all one) of Spring Water made boiling hot by the fire, first put your flowers in a pewter pot with a cover, then pour the Water to them,

'hen shutting the Pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach flowers &c. The usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers times, that so it may be the stronger) having strained it out, put the Infusion into a Pewter Bason, or an Earthen one well glassed, and to every pint of it, add two pound of fine Sugar, which being only melted over the fire without boyling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction, are usually made of Compounds; yet may any simple Herbs be thus converted into Syrup: Take the Herb Root or flower you would make into Syrup, and bruise it a little; then boyl it in a convenient quantity of Spring Water, the more Water you boyl in it, the weaker will it be; a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boyl it till half the Water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen cloth, letting it run out at leisure without pressing: to every pint of this Decoction add one pound of Sugar, and boyl it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a Spoon; scum it all the while it boyls, and when it is sufficiently boyled, whilst it is hot, strain it again through a woollen cloth, but press it not. Thus have you the Syrup perfected.

Thirdly, Syrups made of Juyces are usually made of such herbs as are full of Juyce, and indeed they are better made into a Syrup this way, than any other, the Operation is thus, Having beaten the Herb in a Stone Mortar with a wooden Pestle, press out the Juyce, and clarify it as you were taught before in the Juyces, then let the Juyce boyl away till a quarter of it (or near upon) be consumed; to a pint of this add a pound of Sugar, and boyl it to a Syrup, alwayes scumming it, and when it is boyled enough, strain it through a woollen Cloth, as we taught you before, and keep it for your use.

3. If you make Syrups of Roots that are any thing hard, as Parsley, Fen-nel, and Grass roots, &c. When you have bruised them, lay them in steep sometimes in that Water which you intend to boyl them in hot, so will the Vertue the better come out.

4. Keep your Syrups either in Glasses or stone pots, and stop them not with Cork nor Bladder, unless you would have the Glass break, and the Syrup lost, and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a paper about the Mouth.

5. All Syrups, if well made, continue a year with some advantage: yet of all, such as are made by Infusion keep the least while.

Chap. 3. Of *Juleps*.

1. *Juleps* were first invented, as I suppose in *Arabia*, and my reason is, because the word *Julep* is an *Arabick* word.

2. It signifies only a pleasant Potion, and vulgarly used (by such as were sick and wanted help, or such as are in health, and wanted no money) to quench thirst.

5. Now adays 'tis commonly used.

1. To prepare the Body for Purgation.
2. To open obstructions and the Pores.
3. To digest tough Humors.
4. To qualifie hot distempers. &c."

4. It is thus made (I mean simple Juleps: for I have nothing to say to Compounds here; all Compounds have as many several Ideas as men have Crotchets in their Brain) I say simple Juleps are thus made: Take a pint of such distilled Water as conduceth to the Cure of your Distemper, which this Treatise will plentifully furnish you withall, to which add two ounces of Syrup conducing to the same effect (I shall give you Rules for it in the last Chapter) mix them together, and drink a draught of it at your Pleasure. If you love tart things, add ten drops of Oyl of Vitriol to your pint, and shake it together, and it will have a fine grateful taste.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

Chap. 4. Of Decoctions.

ALL the differences between Decoctions and Syrups made by Decoction, is this: Syrups are made to keep, Decoctions only for present use: for you can hardly keep a Decoction a week any time: if the weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the Cure of the Disease you make them for; in the same manner are they made, as we shewed you in Syrups.

3. Decoctions made with Wine, last longer than such as are made with Water, and if you take your Decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with white Wine instead of Water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the passages of the Body, as the Stomach, Bowels, Kidnies, passages of Urine, and Bladder, because Decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boyl both Roots, Herbs, Flowers, and Seed together, let the Roots boyl a good while first, because they retain their Vertue longest; then the next in order by the same Rule, viz. 1. Barks. 2. The Herbs. 3. The Seeds. 4. The Flowers. 5. The Species, if you put any in, because their Vertues come soonest out.

7. Such things as by boyling cause sliminess to a Decoction, as Figgs, Quince seeds, Linseed, &c. your best way is, after you have bruised them, to tie them up in a Linnen rag, as you tie up a Calf's Brains, and so boyl them.

8. Keep all Decoctions in a Glass close stopped, and in the cooler place you keep them, the longer will they last ere they be sour.

Lastly, The usual Dose to be given at one time, is usually two, three, four or five ounces, according to the age and strength of the Patient, the Season of the year, the strength of the Medicine, and the quality of the Disease.

Chap. 5. *Of Oyls.*

1. **O**YL Olive, which is commonly known by the name of Salad-Oyl; I suppose because it is usually eaten with Salads by them that love it: If it be pressed out of ripe Olives, according to Galen, is temperate, and exceeds in no one quality.

2. Of Oyls, some are simple, and some are Compound.

3. Simple Oyls are such as are made of Fruits or Seeds by expression, as Oyl of sweet and bitter Almonds, Linseed, and rape-seed Oyl, &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives, and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this: Having bruised the Herbs or Flowers you would make your Oyl of, put them in a Earthen pot, and to two or three handfulls of them pour a pint of Oyl, cover the pot with a paper, set it in the Sun about a fortnight or less, according as the Sun is in hotness; then having warmed it very well by the fire, press out the herbs, &c. very hard in a press, and add as many more herbs to the same Oyl, bruise (the herbs I mean, not the Oyl) in like manner, set them in the Sun, as before, the oftner you repeat this, the stronger your Oyl will be: at last when you conceive it strong enough, boyl both Herbs and Oyl together till the Juice be consumed, which you may know by its leaving its blushing, and the Herbs will be crisp, then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls, is for pain in the Limbs, roughness of the Skin, the Itch, &c. as also for Oyntments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oyl dissolve half an ounce of Turpentine, the heat of the fire will quickly do it: for Oyl it self is offensive to wounds, and the Turpentine qualifies it.

Chap. 6. *Of Eleſtuaries.*

PHYsicians make more a Quoit than needs by half about Eleſtuaries. I shall prescribe but one general way of making them up; as for the Ingredients, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Eleſtuaries when you need them, it is requisite that you keep alwayes Herbs, Roots, Seeds, Flowers &c. ready dried in your house, that so you may be in readines to beat them into Powder when you need them.

2. Your better way is to keep them whole than beaten: for being beaten they

they are the more subject to lose their strength; because the air soon penetrates them.

3. If they be not dry enough to beat into Powder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, sift them through a fine Tiffany Searce, that so there may be no great pieces found in your electuary.

5. To one ounce of your powder add 3 ounces of clarified Honey: this quantity I hold to be sufficient: I confess Authors differ about it. If you would make more or less Electuary, vary your proportions accordingly.

6. Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.

7. The way to clarify Honey, is to set it over the fire in a convenient vessel till the scum rise, and when the scum is taken off, it is clarified.

8. The usual Dose of Cordial Electuaries, is from half a dram to two drams; of purging Electuaries, from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking of them, is either in the morning fasting and fasting an hour after them; or at night going to Bed, three or four hours after Supper.

Chap. 7. Of Conservees.

1. THE way of making Conservees is two-fold, one of Herbs and Flowers and the other of Fruits.

2. Conservees of Herbs, and Flowers are thus made: if you make your Conservees of Herbs, as of Scurvy-grass, Wormwood, Rue, and the like, take only the Leaves and tender tops (for you may beat your heart out before you can beat the Stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Conservees of Fruits, as of Barberries, Sloes and the like, is thus made. First scall the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a spoon, then take this Pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Pewter vessel, and over a Charcoal fire stir it up and down till the Sugar be melted, and your Conserve is made.

4. Thus have you the way of Making Conservees; the way of keeping of them is in Earthen Pots.

5. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they are purging) when you please.

6. Of Conservees some keep many years; as Conservees of Roses: others but a year, as, Conservees of Borrage, Bugloss, Cowslips, and the like.

7. Have a care of the working of some Conservees presently after they are made, look to them once a day, and stir them about; Conservees of Borrage, Bugloss and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conservees are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though worms had been eating there.

OF Preserves are sundry sorts, and the Operations of all being something different, we will handle them all apart.

There are preserved with Sugar.

1. *Flowers.*
2. *Fruit.*
3. *Roots.*
4. *Barks.*

1. Flowers are but very seldom preserved, I never saw any that I remember, save only Cowslip flowers, and that was a great fashion in *Sussex* when I was a Boy: It is thus done, First, Take a flat Glass, we call them Jar Glasses, strew in a laying of fine Sugar, on that a laying of flowers, on that another laying of Sugar, on that another laying of flowers, do so till your Glass be full; then tye it over with a paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving Flowers, namely with Vinegar and Salt, as they pickle Capers and Broom-buds, but because I have little skill in it my self, I cannot teach you.

2. Fruits, as Quinces, and the like, are preserved two wayes:

First, boyl them well in the Water, and then pulp them through a sieve as we shewed you before; then with the like quantity of Sugar boyl the Water they were boyled in, into a Syrup, *viz.* A pound of Sugar to a pint of Liquor; to every pound of this Syrup add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it will not stick to your fingers when it is cold.

Secondly, Another way to preserve Fruits is this, First, pare off the Rind, then cut them in halves and take out the Core; then boyl them in Water till they are soft, if you know when Beef is boyled enough, you may easily know when they are; then boyl the Water with its like weight of Sugar into a Syrup, put the Syrup into a pot, and put the boyled Fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserved: First scrape them very clean, & cleanse them from the pith if they have any, for some Roots have not, as *Eringo*, and the like; boyl them in Water till they be soft, as we shewed you before in the Fruits, then boyl the Water you boyled the Roots in, into a Syrup, as we shewed you before, then keep the Root whole in the Syrup till you use them.

4. As for Barks we have but few come to our hands to be done, and those, of those few that I can Remember, are Oranges, Lemmons, Citrons, and the outer Bark of Walnuts which grows without the shell, for the shells themselves would make but Scurvy Preserves: These be they I can remember, if there be any more put to them into the number.

The way of preserving these is not all one in Authors, for some are bitter, some are hot: such as are bitter, say, Authors, must be soaked in warm Water;

ter, oftentimes changed till their bitter taste be fled ; but I like not this way, and my reason is this, Because I doubt when their bitterness is gone, so is the Vertue also : I shall then prescribe one common way, namely, the same with the former, *viz.* First boyl them whole till they be soft, then make a Syrup with Sugar and the Liquor you boyled them in, and keep the Barks in the Syrup.

5. They are kept in Glasses, or glassed pots.
6. The preserved Flowers will keep a year if you can forbear eating of them ; the Roots and Barks much longer.
7. This Art was plainly and clearly at first invented for delicacy, yet came afterwards to be of excellent use in Physick : For First, Hereby Medicines are made pleasant for sick and queasie stomachs which else would loath them.
Secondly. Hereby they are preserved from decaying a long time.

Chap. 9. Of *Lobochs*.

1. **T**HAT which the Arabians call *Loboch*, and the Greeks *Eclogma*, the Latins call *Linētus*, and in plain English signifies nothing else, but a thing to be licked up.

2. Their first Invention was to prevent and Remedy afflictions of the Brest and Lungs, to cleanse the Lungs of Flegm, and make it fit to be cast out.
3. They are in Body thicker than a syrup, and not so thick as an Electuary.
4. The manner of taking them, is often to take a little with a Liquorish-tick, and let it go down at leisure.
5. They are easily thus made : Make a Decoction of any pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Honey or Sugar, boyl it to a *Loboch* : If you are molested with tough Flegm, honey is better than Sugar, and if you add a little Vinegar to it, you will do well ; if not, I hold Sugar to be better than honey.
6. It is kept in pots, and may be kept a year and longer.
7. It is excellent for roughness of the Wind-Pipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of Breath, Astmaes, Coughs, and distillation of humors.

Cap. 20. Of *Oyntment*.

VARIOUS are the ways of making Oyntments which Authors have left to posterity, which I shall omit, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this. It is thus done :
Bruise those Herbs, Flowers, or Roots you would make an Oyntment of, add to two handfulls of your bruised herbs add a pound of Hogs-grease tried, cleansed from the skins, beat them very well together in a Stone-Mortar with a wooden pestle, then put it in a stone-pot (the Herbs and Grease I mean,

mean, not the Mortar) cover it with a paper, and set it either in the Sun or some other warm place, three, four, or five dayes, that it may melt, then take it out and boyl it a little, then whil'st it is hot, strain it out, pressing it out very hard in a press; to this grease add as many more herbs bruised as before, let them stand in like manner as long, then boyl them as you did the former; if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of Juyce your herbs are, the sooner will your Oyntment be strong; the last time you boyl it, boyl it so long till your herbs be crisp, and the Juyce consumed, then strain it, pressing it hard in a press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because grease is offensive to Wounds as well as Oyl.

2. Oyntments are vulgarly known to be kept in Pots, and will last above a year, some above two years.

Chap. 11. Of Plaisters.

1. **T**HE Greeks make their Plaisters of divers Simples, and put Metals in most of them, if not in all; for having reduced their Metals into powder, they mixed them with that fatty substance whereof the Rest of the plaister consisted, whil'st it was yet hot, continually stirring it up and down, lest it should sink to the bottom; so they continually stirred it till it was stiff; then they make it up in Rolls, which when they need for use they could melt by fire again.

2. The Arabians made up theirs with Oyl, and Fat, which needed not so long boyling.

3. The Greeks Emplaisters consisted of these Ingredients, Metals, Stones, divers sorts of Earth, Feces, Juyces, Liquors, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

Chap. 12. Of Pultisses.

1. **P**ULTISSES are those kind of things which the Latins call *Cataplasmas*, and our learned Fellows, that if they can read English that's all, call them *Cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of medicine to ripen Sores.

2. They are made of Herbs and Roots fitted for the Disease and members afflicted, being chopped small, and bowled in Water almost to a jelly, then by adding a little Barley-meal, or meal of Lupines, and a little Oyl, or rough sweet suet, which I hold to be better, spread upon a Cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool Inflammation, to dissolve hardness, to ease the Spleen, to concoct humors, to dissipate swellings.

4. I beseech you take this Caution along with you: Use no Pultisses (if you can help it) that are of an healing Nature, before you have first cleansed the body, because they are subject to draw the humors to them from every part of the body.

Chap. 13. Of Troches.

THE Latines call them *Placentula*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my London Dispensatory been so hellishly Printed; that's all the Kingdome gets by one Stationers Printing anothers Copies, *viz.* to plague the Countrey with false Prints, and disgrace the Author) the Greeks *τροχισκοι κυκλίσματα*, and *ἀγρίωνοι*; they are usually little, round, flat Cakes, or you may make them square if you will.

2. Their first invention was, That powders being so kept, might resist the intromission of air, and so endure pure the longer.

3. Besides, they are the easier carried in the pockets of such as travel: Many a Man (for example) is forced to travel whose stomach is too cold, or at least not so hot as it should be which is most proper, for the stomach is never cold till a man be dead; In such a case, 'tis better to carry Troches of Wormwood, or *Gallanga*, in a paper in his pocket, and more convenient by half than to lug a Galli-pot along with him.

4. They are thus made: At night when you go to bed, take two drams of Gum-*Tragacanth*, put it into a Galli-pot, and put half a quarter of a pint of any distilled water fitting for the purpose you would make your Troches for, to it, to cover it, and the next morning you shall find it in such jelly as Physitians call *Mussilage*; with this you may (with a little pains taking) make a powder into paste, and that paste into little Cakes called Troches.

5. Having made them, dry them well in the shadow, and keep them in a pot for your use.

Chap. 14. Of Pills.

THEY are called *Pilula*, because they resemble little Balls, the Greek call them *Catapotia*.

2. It is the Opinion of Modern Physitians, that this way of making up Medicines, was invented only to deceive the Palate, that so by swallowing them down whole, the bitterness of the Medicine might not be perceived, at least it might not be unsufferable; and indeed most of their Pills, though not all, are very bitter.

3. I am of a clean contrary Opinion to this: I rather think they were contrived in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hearty. The first Invention of Pills was to purge the head: now as I told you before, such infirmities as lay near the passages were best removed by Detractions, because they pass to the grieved part soonest: so here, if the infirmities lie in the Head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending humor to them.

4. If I should tell you here a long tale of Medicines working by Sympathy and Antipathy you would not understand a Word of it, they that are set to make Physitians, may find it in the *Treatise*: All Modern Physitians know

know not what belong to a Sympathetical Cure, no more than a Cuckoo knows what belongs to Flats and Sharps in Musick, but follow the Vulgar road, and call it, a Hidden Quality, because 'tis hidden from the eyes of Dunces; and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudden without Fat.

5. The way to make Pills is very easie, for with the help of a Pestle and Mortar, and a little diligence you may make any Powder into Pills, either with Syrup, or the Jelly I told you of before.

Cap. ult. *The way of mixing Medicines according to the Cause of the Disease, and part of the Body afflicted.*

THis being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus.

1. *To the Vulgar.*

2. *To such as study Astrologie, or such as study Physick Astrologically.*

First, to the Vulgar; Kind souls: I am sorry it hath been your hard mishap, to have been so long trained in such Egyptians darknes, even darknes which to your sorrows may be felt: The Vulgar road of Physick is not my Practice, and I am therefore the more unfit to give you advice; * *Galens Art of Physick.* and I have now published a little * Book which will fully instruct you, not only in the knowledge of your own Bodies, but also in fit Medicines to remedy each part of it when afflicted; in the mean season take these few Rules to stay your stomachs.

1. With the Disease, regard the Cause, and part of the Body afflicted; for example, Suppose a Woman be subject to miscarry through Wind, thus doe

1. Look *Abortion* in the Table of Diseases, and you shall be directed by that how many Herbs prevent miscarriage.

2. Look *wind* in the same Table, and you shall see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

2. In all Diseases strengthen the part of the Body afflicted.

3. In mixed Diseases there lies some difficulty, for sometimes two parts of the Body are afflicted with contrary Humors, as sometime, the Liver is afflicted with Choler and Water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

In the former, suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do:

1. Keep your Head outwardly warm.

2. Accustome your self to smell of hot Herbs.

3. Take a Pill that heats the Head at night going to Bed.

4. In the morning take a Decoction that cools the Liver, for that quickly passeth the stomach, and is at the Liver immediately.

You must not think (Courteous people) that I can spend time to give you examples of all Diseases; these are enough to let you see so much light that you without Art are able to receive: If I should set you to look upon the Sun, I should dazle your Eyes, and make you blind.

Secondly, To such as study Astrologie (who are the only men I know that are fit to study Physick; Physick without Astrologie, being like a Lamp without Oyl) You are the men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shall give you.

1. Fortifie the Body with Herbs of the Nature of the Lord of the Ascendent, 'tis no matter whether he be a Fortune or an Infortune in this case.

1. Let your Medicine be something Antipathetical to the Lord of the Sixth.

3. Let your Medicine be something of the Nature of the Sign Ascending.

4. If the Lord of the tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure always fortifie the grieved part of the Body by sympathetical Remedies.

7. Regard the Heart, keep that upon the Wheels, because the Sun is the Fountaine of Life, and therefore those universal Remedies, *Aurum potable*, and the Philosophers Stone, Cure all Diseases by only fortifying the Heart.

THE

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FINIS.

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F I N I S.